

DR.OZ

The calming magic of pets p.91

THE GOOD LIFE

JULY • AUGUST 2015

28 LITTLE CHANGES FOR A HEALTHY HEART

Stress solvers,
no-sweat fitness
& more easy ideas

GET YOUR
DAILY DOSE
OF CUTE!

SUPERFOODS THAT SLIM YOU DOWN

p.83

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DR. OZ FROM THE HEART

Meet the Rest of the Oz Family

I can't imagine what a home would be like without having living things in it all the time, and neither can my wife, Lisa—which is why we've shared our lives with rabbits, hamsters, fish, guinea pigs, gerbils, snakes, even a ferret. And, of course, a steady stream of dogs and cats.

You'll learn on page 91 ("The Cute Cure") that stroking a pet's fur can give you a surge of happiness hormones. And the mere act of living with an animal—doesn't matter if it's a squawking parrot, a retiring turtle, or a labradoodle who's a neighborhood celeb—can lower stress, push down heart-disease risk, and give you other impressive health benefits. But we weren't thinking of those as we collected our menagerie over the years (we even had quite the zoo when we lived in a little apartment). We're pet people because of what they give to us in the form of unconditional love, and unintentional lessons, like all of these.

IT STARTED WITH KURT

My first dog, Kurt ("wolf" in Turkish), came into my life when I was 6; I loved him for 13 years. This high-energy beast made me better at basketball and football because he played some serious defense! I was with him when we had to put him down, and I held his paw throughout—a painful but important experience for a boy who dreamed of becoming a doctor.

ROSIE KEEPS OUR HOME'S DRUMBEAT

Our 6-year-old black Lab, Rosie, is like soul caffeine, providing our home with a constant buzz of joy, affection, and energy. The first to greet us in the morning and the last to see us at night, she likes to be with us all the time. Rosie's no dummy:

We all want to be around people who make our tails wag. And vice versa.



SHE'S CALLED BABY CAT (BUT WEIGHS 18 POUNDS)

The cats (there's also Rocky and Creef) are the quiet love seekers in the family. Coming on strong with them just doesn't work, but if you give them space, they'll cozy up to you. It's that way with certain people, too: Sometimes we can bring them closer by taking it slow.



BUSTER, THE REAL ENERGIZER BUNNY

Our late, great rabbit, Buster, used to run around my son Oliver's bedroom and would follow people like a dog. He'd actually nudge us all to be active: If you stood still, he'd stomp his paw on the ground until you walked some more. Wherever you are, Buster, we miss you.




BURT'S BEES



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DR. OZ THE GOOD LIFE

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**Summer Thirst
Quenchers**
Sip 'em with
delicious, good-
for-you eats

Healthy Body

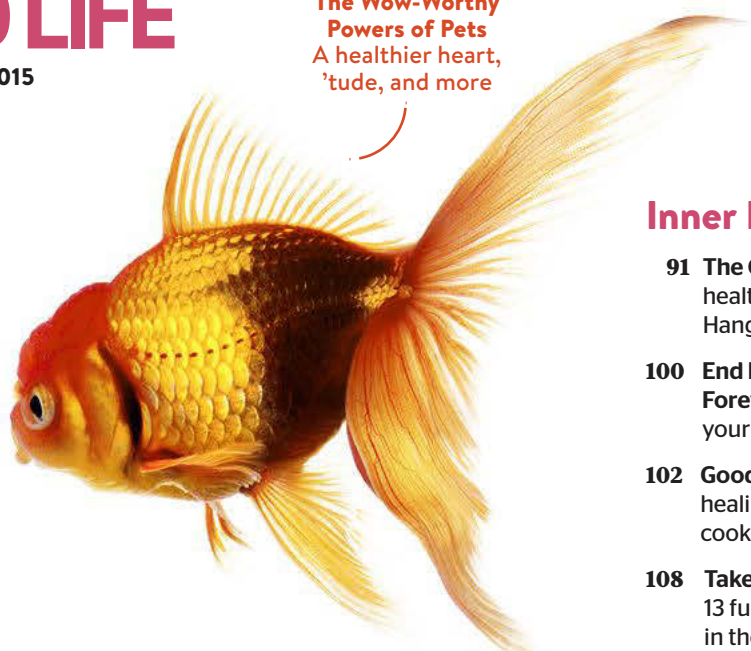
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The Wow-Worthy Powers of Pets
A healthier heart, 'tude, and more

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Get Your Most Gorgeous Grin
Drill-free ways to whiter teeth



Cover Credits Dr. Oz photographed by Matthew Rolston in Los Angeles. Styling by Kemal + Karla at the Wall Group. Grooming by Barbara Farman for Cloutier Remix. Prop styling by Nick Tortorici. Shirt, Brioni.

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BONUS FEATURES!
Read this issue on your tablet for exclusive videos and more.

CLOCKWISE FROM TOP: MARK LAITA/GALLERY STOCK; ILLUSTRATIONS BY LAUREN TAMAKI; ARI MICHELSON/AUGUST

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Your Smart Ideas

From DIY pain remedies to genius food swaps, your healthy-living tips knock us out! We're hungry for more, so email them to Tips@DoctorOzMag.com.

STRENGTH IN NUMBERS

"I take kickboxing class every Monday and Wednesday with women I've met at my local gym who, like me, are teachers. When I don't feel like going, I text one of them because I know I'll be talked into it, and in the end I always feel better. They're my fitness support group; we bond over our students and our love-hate relationship with the gym!" —Alex Kenney

TRACK SUCCESS

"Download an app to your phone with fitness challenges that appeal to you. Last year I had a goal of tracking 500 miles of walking or running. This year I upped it to 600. Watching the miles add up keeps me focused and motivated for the whole year." —Joy Powell

LITTLE SEED, BIG POWER

"For the past few months I've been adding chia seeds to everything (oatmeal, salads, yogurt, even pizza). They're virtually flavorless but packed with tons of nutrients. I swear my hair and nails have never looked better." —Angela McGrath

GET GROWING

"I garden and compost! I'm exercising every morning while tending to my fruits and veggies, and I don't even realize it. I lug gallons of water, bend to pull weeds, carry my food scraps to a bin, and roll it around. It's a mini workout every day, and it's fun." —Angela Clautrice

HANDLE CRAVINGS THE SANE WAY

"When I have a hankering for something like pizza, I'll try to find a healthier alternative, such as a grilled flatbread. If that doesn't fix the craving within a few days, then I just get the food I want and I'm good. Depriving a continuous craving may make me overindulge far more than I should." —Sarah Chaara

RISE AND SIP

"I start my day with yoga stretches and a green smoothie. Today I made one that included kale, strawberries, raspberries, frozen pineapple, and water. It's full of antioxidants, satisfying, and easy to take on the go. The combo of this morning routine energizes me, strengthens my muscles, and puts me in a good mood." —Jean Larson Zales

SMALL MOVES PAY OFF TOO

"Drop the all-or-nothing mentality. If I can only squeeze in a 10- or 20-minute workout, that's so much better than skipping it altogether. It will help me stay committed to the habit, raise my energy level, clear my head, burn calories, and take away the guilt that comes with doing nothing." —Jocelyn Martin

A NATURAL HEADACHE HACK

"I rub peppermint oil on my temples if I have a headache. I feel it really works for me, and now my coworkers are doing it as well!" —Cathy Smock



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ALL
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My birthday tradition: fresh blueberry pie instead of cake.

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I blend frozen blueberries and bananas with almond milk to make "ice cream"!

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For a fun twist on PB&J, I top rice cakes with honey, almond butter, and blueberries.

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At the top of my summer to-make list: blueberry frozen yogurt, with just a touch of lemon juice.

**Superfood
of the
Month**

Blueberries

With plenty of fiber, antioxidants, and yum, this healthy berry's got it going on. Plus, a large study linked blueberries to a reduced risk of heart attack.

My family loves angel food cake with blueberries and strawberries.



ANTONIS ACHILLEOS

THE INFORMATION IN THIS MAGAZINE IS NOT INTENDED AS INDIVIDUALIZED MEDICAL ADVICE. YOU SHOULD ALWAYS CONSULT WITH YOUR OWN DOCTOR ABOUT YOUR MEDICAL CONDITION.

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ASK DR. OZ ANYTHING

YOUR BURNING QUESTIONS ANSWERED!



**rinsing is
best**



**wiping is
OK**



**use your
shirt only in
a pinch**

Q

**CAN YOU CLEAN
A PIECE OF FRUIT
BY RUBBING IT ON
YOUR SHIRT?**

OZ SAYS Getting the bad stuff off takes a little more than that. If you have no water for rinsing your apple or pear, a fresh paper towel or napkin is your best bet, according to Elizabeth Bihn, Ph.D., director of the Produce Safety Alliance at Cornell University. This can remove dust and dirt that could be harboring bacteria, though it won't reduce surface pesticides the same way running water will.

Try to avoid using your shirt or pants, she says, since they're probably going to be dirty (think germs from seat belts and shopping carts). Bottom line, don't worry too much—chances are, an occasional dry wipe down won't hurt you.



Too Icky?

Q If you exercise frequently at the gym, is there any harm in staying in workout clothes while running errands afterward?

OZ SAYS No judgment from me, but your skin may react badly. Sweat (even a little glow) raises skin's bacterial count. Among those microbes: *P. acnes*, the culprit behind pimples in acne-prone complexions, says New York dermatologist Debra Jaliman, M.D. The extra bacteria plus their breeding ground, dampness, can add up to back and butt acne as well as folliculitis (red bumps from inflamed hair follicles). You don't need a whole scrub down to stay clear, but you should change into clean clothes. Then shower when you get home, using a product with salicylic acid if you tend to break out. Our beauty director, Brian Underwood, likes Neutrogena Body Clear Body Wash (\$6, drugstores) and Murad Acne Body Wash (\$40, Sephora).

☐ TRY IT OR ☐ SKIP IT?

Citronella Wristbands

THE CLAIM Slip on one of these nontoxic wristbands and you won't need bug spray to keep mosquitos away.

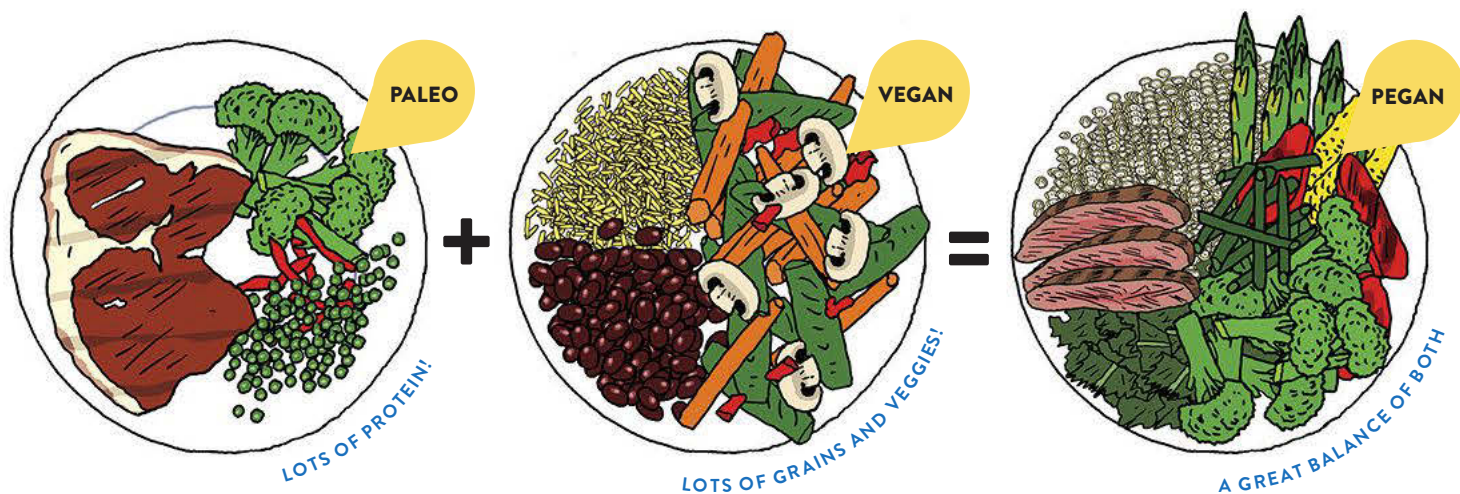
OZ SAYS If only it were that easy! Citronella isn't strong enough to ward off the bugs, and the wristbands are way too skimpy to keep them away, says entomologist Elmer Gray, a research faculty member at the University of Georgia's Department of Entomology. To fend off these insects, repellents must completely cover all skin that's exposed.

So what to do if you're a mosquito magnet? DEET is the most effective repellent, says Gray. But if you want to try a plant-derived option at your next barbecue, products con-

taining oil of lemon eucalyptus have the most research weight behind them, says Anandasankar Ray, Ph.D., of the University of California, Riverside's Department of Entomology.

Some of your attractiveness to these pests is genetic, but you can lower your appeal by laying off alcohol (mosquitos like it too!). Other bug-busting strategies: Avoid going outdoors at dusk or dawn when you're in mosquito-ridden areas, and cover up as much skin as possible with light-colored clothing. These pests can't bite through the cloth, and light colors absorb less heat, making it harder for them to sense you.

☒ **SKIP IT**



□ TRY IT OR □ SKIP IT?

The New Pegan Diet

THE CLAIM When you combine principles from the paleo and vegan diets, you get the “pegan” plan. This mash-up gives you the fruit and vegetable emphasis of both, adds a little meat and shuns processed foods à la paleo, then mixes in healthy grains and legumes (say, quinoa and black beans) that are the hallmarks of a vegan diet. While the pegan plan helps some people lose weight, it’s designed more as a way to eat better than to drop pounds.

OZ SAYS Pegan isn’t the only smart approach, but I really like what this hybrid is all about. First, it’s lifestyle-friendly; people often find the no-grains part of

paleo hard to stick with, and vegans may lean too much on processed soy foods for easy protein. This diet helps you avoid both traps.

Second, the key concepts are smart: You eat real foods rather than processed ones, fill up on produce, stick to grains that have a low glycemic load (they have less sugar and refined flour and are high in fiber, so brown rice, not white bread), and have healthy proteins like fish and eggs, using meat as a side dish, not a centerpiece. I’ve always liked those ideas, because they bring you a balance of nutrients and keep your blood sugar from spiking and dropping like crazy,

which can mess with your energy and raise your risk of diabetes. All these rules are easy to implement, and you don’t need to chase down exotic foods.

One part of the pegan plan can be a bit harder to follow: Eat just ½ cup of beans or grains a day. I recommend doing that in some of my weight-loss plans, but only as a short-term thing. This might be too low for the average person to live with all the time, and I think it’s OK to eat a little more than that, but don’t let grains edge out other healthy foods. Make it as easy for yourself as possible so you can stick with it for life.

☒ **TRY IT**



**If you wear SPF 30
sunscreen
moisturizer outside
at lunch, is that
enough coverage?**

Maybe.

**OZ SAYS IT DEPENDS ON
WHEN YOU APPLIED IT.**

If you’re in direct sunlight, such as at an outdoor café or a baseball game, that sunscreen moisturizer you applied at 7 A.M. won’t cut it at 11. “SPF 30 is definitely enough, but reapplication is important, since most protection wears off after two hours,” says Heather Woolery-Lloyd, M.D., director of ethnic skin care for the University of Miami Department of Dermatology and Cutaneous Surgery. Don’t want to slather more sunscreen over your nicely done makeup? Carry around an SPF powder sunscreen for touching up during the day.

WE ♥ THESE

Try Peter Thomas Roth Instant Mineral SPF 45 (\$30, Sephora) or Colorescience Sunforgettable Mineral Sunscreen Brush SPF 30 (\$57, colorescience.com) for easy, grease-free SPF boosts.





Q
Is cold-brewed coffee
OK to drink if
you have acid reflux?

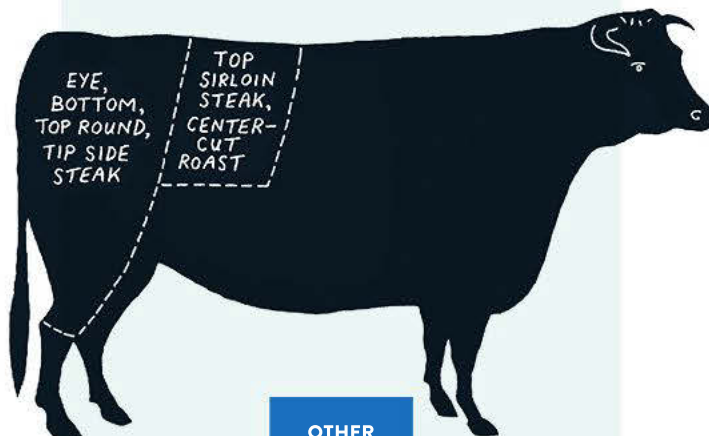
OZ SAYS If the acid in your morning joe is what gives you heartburn, the latest trend in coffee might help. The term “cold brew” refers to grounds that have been soaked in cold, not boiling, water for up to 24 hours and then filtered. Using cooler water means up to 60% less acid is released from the beans.

But some people with reflux are bothered by caffeine instead of acid, and the longer brewing time and higher grounds-to-water ratio can give cold brew more of a caffeine jolt per ounce than regular. So if the buzz is what gets your digestive system fired up and irritated, stick with your usual coffee. (And use almond milk if the cow version bothers you.)

SOURCES: Gerard Mullin, M.D., an associate professor of medicine at the Johns Hopkins Hospital and author of *The Gut Balance Revolution*; Atif Iqbal, M.D., medical director of the MemorialCare Digestive Care Center at Orange Coast Memorial Medical Center in Fountain Valley, CA

Q YOU OFTEN RECOMMEND LEAN MEAT. EXACTLY WHAT QUALIFIES AS “LEAN”?

OZ SAYS Lean cuts of meat need to have less than 10 grams of total fat, 4.5 grams or less of saturated fat, and fewer than 95 mg of cholesterol per 3.5-ounce portion. Extra-lean meats have half that amount of fat—they can’t contain more than 5 grams of total fat and 2 grams of saturated fat in a 3.5-ounce portion. All of this info will be in the Nutrition Facts Panel on packaged meats in your grocery aisle. But if you’re at the butcher counter where there are no labels, numbers won’t help you much. The other way to know you’re not just buying a lot of fat when you go to purchase beef is to look for these cuts, which qualify as extra lean:



**OTHER
PROTEIN
THAT’S
LEAN**



CHICKEN
Breast meat, without
skin (extra lean)



**GROUND
POULTRY**
Look for labels
indicating that
only breast meat
was used. Other-
wise, it might
include skin,
which can hike
up fat numbers
as high as some
ground beef.

TURKEY
White or dark
meat, without
skin (it’s all
extra lean)



PORK
Tenderloin (extra
lean), boneless
top loin chop,
top loin roast,
center loin chop,
sirloin roast,
rib chop



□ TRY IT OR □ SKIP IT?

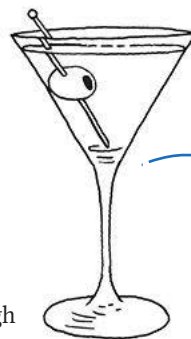
Quinoa Vodka

THE CLAIM Vodka made from a super-food must be better than the standard stuff. Plus, it's gluten-free!

OZ SAYS Don't be fooled. Drink it if you like the taste but not because you think it's magically healthier. Quinoa's gluten-free, high-protein halo isn't going to make a difference in nutrition when it comes to distilled spirits like vodka.

No matter what your vodka is made from—whether it's wheat, barley, rye, or other grasses—the gluten and other protein molecules don't end up in your drink; they're too heavy to move through the distilling process, says Roger Boulton, Ph.D., a professor of viticulture and enology at the University of California, Davis.

☒ **SKIP IT**



QUINOA? WHEAT? DOESN'T MATTER
All 80-proof vodka has about 65 calories a shot. But the higher the proof, the greater the calorie count.

Q Is it possible to still have hot flashes into your sixties?

OZ SAYS Not only is it possible, it turns out to be common. Up to 40% of women may still get those “Is it hot in here?” moments all the way up to their mid-sixties, according to a recent study.

But many older women don't get treated for hot flashes even though there are good options that don't involve hormone therapy, says study coauthor Susan R. Davis, Ph.D., of the Women's Health Research Program at Monash University in Melbourne, Australia. (Some experts don't advise starting oral hormone therapy a long time after menopause began, since it may slightly increase cardiovascular disease risk.) To keep your cool, first cut back on classic diet triggers including caffeine, spicy foods, and alcohol. If that doesn't do enough, be aware that certain antidepressants—SSRIs—have been shown to be somewhat effective against hot flashes, so consider asking your doctor about those.



WHY YOU'RE SUDDENLY SWEATY

Your core temperature rises a few degrees during a hot flash, and your body's just trying to cool down.





NOT TONIGHT, I'M TOO TIRED.

WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

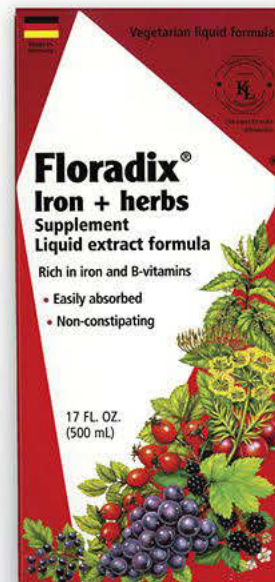
We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired...too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run-down...especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time", it's time for a change. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.* So redefine your definition of a "good time" with Floradix and rekindle the romance.



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HEALTHY BODY

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A great combo: Me time and fitness time

YES, YOU CAN LOSE WEIGHT ON VACATION!

It's possible to avoid that five-pound souvenir of bloat and pudge and still have fun. Meet three women who relaxed, indulged, and came home slimmer. Then take our expert advice on your next getaway.

BY KRISTEN DOLD

Don't Fall Prey to the Buffet

Nicole Wilkins, 35, was still carrying around 10 extra pounds of baby weight when she left on a weeklong Bahamas cruise with her family. "I wanted to enjoy myself but not come home heavier," says Wilkins, who lives in Fort Wayne, IN. Tough when you're faced with everything from unlimited pizza to midnight chocolate buffets!

Wilkins knows what doesn't work for her: "If I'm too strict, that's when I tend to overeat," she says. "So when I got on board that first day I had this amazing Guy Fieri burger everyone was talking about, along with a strawberry frozen drink. After that, I made a point of sticking to shrimp cocktail, grilled veggies, chicken, and salads, and I had just one glass of wine or beer with dinner."

Before heading to the breakfast buffet with her kids each morning, she ordered the free fruit and coffee from room service. "I was satisfied, so I never went after the French toast and pancakes," she says.

Every day, Wilkins got up at around 6 A.M. to watch the sunrise and walk the ship deck perimeter for 45 minutes or more while her kids and husband were still sleeping. She also stayed on the move with her family. "We played in the pools on board, and during island stops we

CHOOSE YOUR SPLURGE

Have that treat, then focus on the most delicious versions of healthy foods, and keep an eye on portions: Aim for the size of a deck of cards when eating filet mignon, or the size of a checkbook with thinner fish fillets—and be extra generous with the veggie sides.

SIP SMART

Beer: 153 cals.
Wine: 121 cals.
Piña colada?
656 cals!

DON'T START FROM FAMISHED

A savvy strategy: Fill up on yummy, healthy stuff before you hit the buffet. Nutritionist Keri Glassman, R.D., founder of the website *Nutritious Life*, suggests fruit, nuts, and olives from the antipasto bar; veggie crudité with salsa; and roasted zucchini and mushrooms.

Is there a healthy snack in that bag? It'll keep you from a low-blood-sugar junk binge.




swam with stingrays, snorkeled, and explored." In the evenings, Wilkins and her husband took advantage of the dance lessons, even learning the salsa—a great distraction, she says, from the dessert bar!

At the end of the trip, Wilkins was feeling good and hoped she would break even on the scale. "I was shocked when I stepped on and saw I had lost five pounds!" she says. She was able to keep the momentum going and shed an additional 10 over the next few months. She says, "I'm looking forward to our next vacation so I can do the same thing!"

C'MON, GO DANCING

"People don't realize how many calories they're burning when they dance [170 cals in 30 minutes] because it's so fun and the hours pass by quickly," says Michelle Lovitt, an exercise physiologist and fitness expert.



Walk at a brisk 4-mph pace and you'll burn up to 335 cals in an hour. Or see the sights on bikes and torch even more!

Get Slim in Pasta Land

When Charly Rok, 50, of New York City went to Cuneo, Italy, with her husband for two weeks, she decided to indulge whenever she wanted: feasting on gelato each day, ordering pastas and fine cheeses, and forgoing her usual long weekend runs. A recipe for extra baggage? Not quite.

Rok and her husband did their best to immerse themselves in the authentic Italian experience by walking to the farmers market every morning to stock up on fresh fruits, vegetables, bread, and cheese. "At home

we go to the grocery store once a week or so, but there people visit the market daily or every other day to get produce," says Rok. "We were eating more fresh vegetables than usual, like tomatoes right off the vine and just-picked lettuce."

While she's a grazer at home, often snacking between meals and eating at all hours because of a demanding work schedule, Rok noticed she ate only two big meals a day in Italy, one in the late morning and another in the early evening. "I was savoring those meals so much I didn't want any snacking to take away from them," she says. Dinner almost always featured pasta, but "the portions were smaller, the food had less salt and fewer processed ingredients, and meat was always a super-lean cut."

Rok took only a few runs during the trip, so the bulk of her exercise came from walking, walking, walking. "We didn't rent a car and literally walked everywhere, whether we were visiting a museum or going shopping." For longer treks, they rented bikes. "Even without my regular exercise regimen I felt great."

Toward the end of the week, Rok noticed that her pants felt looser. "I usually just hope to maintain my weight on vacation, so this was a total surprise," she says. Rok estimates that she shed a couple of pounds, and her husband lost six! See? Linguine without the love handles. ➤

FOCUS ON MEALS

"When they're structured and delicious, you won't feel the need to graze," says nutritionist Joy Bauer, M.S., R.D.N., founder of Nourish Snacks. That can make a big diff: One study found that the average person consumes around 580 calories in snacks a day—equal to a fourth meal!

SKIP THE BLAH

Servings are often not as large outside the U.S. In Paris, for example, portions are 25% smaller than in Philly. If you're vacationing state-side, ask the waiter to leave out anything you don't love (say, boring white rice) that comes with the order.

STAY GROUNDED

Sign up for walking tours rather than bus tours to see the sights, or try to take cabs only when you're headed somewhere farther than a 20-minute walk away.

KEEP IT FRESH

"Buy lots of produce at the market, and make some simple salads or snacks that are ready to go and last a few days," says Glassman. Staying in a hotel? Pull the sodas out of that mini-fridge and fill it up with fruit.

HEALTHY BODY

Take the stairs whenever you can!

Indulge every now and then.

Snack break? Try local fruits and veggies.

Break Up With Your Routine

The first stop 29-year-old Brittny Flint made with her boyfriend when they landed in Maui, Hawaii? The grocery store. That was a novelty for both of them: Flint works in the entertainment industry in L.A. and rarely eats at home. “If I’m stressed, I’ll have Cheetos for breakfast!” she says. On this five-day vacation they rented an Airbnb condo and ate out only once. Instead they made use of the kitchen, cooking up eggs and turkey sausages for breakfast and kale salads with tuna for lunch. At dinner, they moved it outside

and grilled chicken or fish and veggies. “Cooking on vacation definitely made me feel more invested in the island experience,” says Flint. “I didn’t want to buy a bunch of junk we could get in L.A.”

At home, Flint mainly sticks to yoga, but “my boyfriend is a good swimmer and encouraged me to try it in the ocean, doing strokes and seeing how far out I could go,” she says. “It was totally exhausting and a great workout.” They also took an intense three-hour hike to Waimoku Falls, a 400-foot waterfall and “the most magical thing I’ve ever seen,” she says. Also amazing: When they got home, Flint had lost about three pounds. ■

COOK!

It’s a great idea to stay somewhere with a kitchen—you’ll eat better, kick-start some healthier habits, and save money. Home-cooked meals are generally lower in carbs, sugar, fat, and cals than restaurant or takeout ones, say Johns Hopkins researchers.

GO GRILLING

It’s healthy (and cleanup is easy). Make chicken and veggie kebabs; they taste great with just olive oil, salt, pepper, and cayenne or oregano. Or instead of burgers, grill portobello mushrooms.

SWITCH UP YOUR FITNESS

“The body is smart and gets used to doing the same exercise over and over again. Challenging yourself with a new activity engages more muscles and burns more calories and fat,” says Lovitt.



SHAKE UP THE SNACKUS QUO.

Sure we made that word up.
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**100% whole grain,
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UNIQUE IN EVERY WAVE™

HOW TO OUTWIT THE ANNOYING SUMMER COLD

It goes around every season and can be even nastier than the winter kind. Take this advice and stay well, naturally.



IMMUNITY CAN
BE YOURS:
PACK THE SPF
AND FLIP-FLOPS,
NOT TISSUES AND
NASAL SPRAY.



A quick Google search says it all: Start typing “summer colds are...” and the search autocompletes with “...the worst.” It’s so true! “Summer colds make my patients miserable,” says Richard Weber, M.D., a professor of medicine at the University of Colorado School of Medicine. “Not being able to be active when it’s nice out aggravates people to no end.”

Beyond just being plain unfair, summer colds may hit you harder and last longer than chilly-weather sniffles. That’s because they’re often caused by nastier bugs called enteroviruses (EVs) that survive and thrive better in warm weather. You have the usual cold symptoms of runny nose, cough, and stuffy head, but EVs can also bring body aches and wheezing. Shaking an EV cold may be tougher too: “You get a little better, and then you can get sick again from the same virus,” explains Neil Schachter, M.D., medical director of the respiratory care department at Mount Sinai Medical Center in New York.

But you don’t have to let a summertime cold take you out. Your offensive starts with an immune-boosting regimen: eating nutritious food, drinking alcohol in moderation, and keeping stress in check. Then, try these smart ideas we got from top doctors.

BY SUNNY SEA GOLD
PHOTOGRAPHED BY JAMES WORRELL

1. First, be a little (or a lot) obsessive about hand-washing.

“Enteroviruses tend to be spread much more by touch than through the air,” says Schachter. So washing your hands before you touch your face or eat is especially important when anyone around you has the summer sniffles, even a week after their symptoms have faded. “People with enterovirus colds tend to stay infectious longer than after a winter cold,” he says.

2. Get a neti pot.

If there’s a bug going around or you’ve been in an enclosed space with lots of people and their germs—like on a plane—a neti pot can help rinse away any viral particles in your nasal passages before they lead to a cold, says Schachter. “The less time the viruses are in there, the less opportunity they have to invade your cells and begin to multiply and make you sick.” In fact, even if you’ve already started to get sick, “nasal irrigation” may help reduce symptoms or even shorten a cold by watering down virus-filled mucus so it can flow out of your nose. You use something that looks similar to Grandma’s gravy boat to rinse out your schnoz. Some people say it feels like

when you get pool water up your nose; others swear it feels oddly good! One note from Dr. Oz: A salt rinse is a must to help kill pathogens; simply fill your neti pot with lukewarm distilled water and a quarter teaspoon of noniodized salt for a safe and effective mixture.

3. Head to bed.

Increased daylight can send your body into stay-awake-longer mode. When the sun doesn’t go down until eight or nine at night—or close to midnight, if you live in Alaska!—our bodies get the message that they don’t need to wind down either. “Many of my patients who find themselves staying out late in the summer end up sleeping less, and we know from many studies that reduced sleep is linked to lower immunity,” says Shilpi Agarwal, M.D., a board-certified family physician in Washington, D.C. In one study, researchers deliberately infected a group of people with a cold virus and found that those who’d regularly gotten less than seven hours of sleep during the previous two weeks were nearly three times as likely to get sick as better-rested folks.

4. Don’t blast the A/C when you can control it.

According to one study, women who worked in offices with central air-conditioning had more sick days and visits to ear, nose, and throat doctors than those without it. One reason

may be that A/C sucks moisture out of the environment, which can make the mucus in your nose and lungs stickier and drier. “All the garbage we inhale, like viruses and bacteria, gets caught up in mucus that usually moves it out of our nasal passages,” says Weber. But if it’s too dry and sticky to flow, viruses don’t get washed out and have more time to take hold. Can’t control the A/C? Give yourself fresh-air breaks.

TRY THESE HOME REMEDIES

ECHINACEA TEA WITH HONEY

Studies may be mixed on using herbs to treat colds, but even the skeptical National Institutes of Health (NIH) calls echinacea “possibly effective” at reducing the severity of cold symptoms. Preventive and integrative health specialist Shilpi Agarwal, M.D., says many of her patients start stocking up for summer to nix cold symptoms. Make a big pitcher or jar of echinacea tea (such as Traditional Medicinals’ Echinacea Plus, which the NIH actually names in its advice for consumers). A common dosage is five to six cups of tea on the first day of symptoms, then one cup per day for the next five to seven days. Bonus relief points if you sweeten the tea with honey, a natural throat soother.

SPICY PINEAPPLE SPRITZER

Try this drink with kick. The heat from the peppers can help thin your secretions and get mucus moving, easing congestion and clearing out your nasal passages, says Agarwal. And honey can help calm a cough.

MAKE IT Use a wooden spoon to muddle 3 chunks pineapple, 3 slices fresh jalapeño, and 1 small bunch cilantro in a glass, then mix in 4 Tbsp lemon juice, 4 Tbsp honey, and a few splashes of soda water. Sip over ice.

5. Avoid the one-two punch of allergies plus a cold.

While people with seasonal, hay fever-type allergies don’t necessarily get colds more often, they do appear to have worse and longer-lasting symptoms. If your nose and lung tissues are already swollen and inflamed by allergies, a minor summer cold is made much worse. Take antihistamines before allergies hit to save yourself from feeling doubly lousy if you do, ugh, get sick. ■



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JUST WAIT ~ IT GETS ~ Better

10 WAYS YOUR BODY
ACTUALLY IMPROVES AS
YOU AGE. BIRTHDAYS?

BRING 'EM ON!

BY SUSHMA SUBRAMANIAN
TYPOGRAPHY BY TOBIAS HALL

Your friend's mom who plays tennis twice a week at age 80 and teaches silk-screening classes on the weekends? Amazing, yes. Exceptional? Maybe not.

Plenty of people like her disprove stereotypes about aging every day, and science keeps uncovering aspects of our health and well-being that don't peter out with time

as much as we thought. Some even—yes!—improve as the years stack up.

So lose the creaky caricature, and say hello to happiness, fulfillment, and maybe even outpacing people 10 years younger.

Age really does have its advantages. Turn the page for news about your body's surprisingly bright future.

IN
YOUR



Teeth Get Less Touchy

That bite of sorbet may stop giving you a zingy tooth twinge once you hit 30. The middle layer of your teeth—the stuff called dentin that acts as insulation around the nerves—thickens as you age, says Heather J. Conrad, D.M.D., of the University of Minnesota. Being thorough is good, but if you scrub too aggressively or use the wrong brush, you can force your gums to recede, leading to sensitivity at the roots. Use a soft toothbrush from here on out if you're not doing it already.

New Friends Bring Health Perks

Are your days jam-packed with work, basic family upkeep, and too many things you said yes to?

There's a plus side. Being so involved in your career, kids, and community makes this an ideal time to find and bond with new pals, says Irene S. Levine, Ph.D., a friendship expert

and professor of psychiatry at the New York University School of Medicine. These strong connections do impressive things for your health: They may be able to keep your blood pressure in check, benefit your heart, and help you live longer overall (and, of course, enjoy it more).

A great way to maintain relationships in busy times? Loop friends into your usual routines. Add them to your extra-long weekend dog walks, or get together for an afternoon cooking marathon, so both of you have a fridge full of healthy food for the whole week.

WOW, THAT KALE
LOOKS GREAT!

You Eat & Drink Smarter, Without Really Trying

Who *didn't* do this in their twenties: You went for that extra tequila shot and then drunk-dialed pizza delivery a few too many times. Blame a hyperexcitable brain. But by your thirties, your brain has gotten better at exerting self-control, so healthy decisions are easier to make, says Laurence Steinberg, Ph.D., a professor of psychology at Temple University and author of *Age of Opportunity: Lessons from the New Science of Adolescence*. In other words, your head can now put a little magic shield between you and the office cupcakes. And if you do slip into old habits every once in a while, it's not so bad; your brain has become better at slamming on the brakes before a binge happens.

You Can Keep Going & Going

When it comes to biking on the rail trail or doing your usual jog, you might be your fastest in your twenties, but you can go longer in your thirties. This is the decade when your body gets better at processing and using oxygen, which is crucial to aerobic endurance exercise, says Timothy Church, M.D., Ph.D., of the Pennington Biomedical Research Center at Louisiana State University. That's why sprinters tend to do best in their twenties, but marathoners peak in their thirties. In long charity walks, distance cycling, or running, 30-somethings can even outperform younger people (so, yes, challenge your little sister to that 10K now!). New to exercise? Gradually work up to at least 150 minutes of moderate activity or 75 minutes of vigorous exercise each week.

HIKING? COFFEE?
SAY YES TO THAT INVITE.



JUST WATCH OUT FOR... Your bones. In your teens and early twenties, they were at their healthiest and most dense. So it's critical to keep them from declining. High-impact exercises like jumping rope and running are A+ bone builders. If you're not into those, try other activities that work against gravity, like strength training or just walking. Feed your bones what they need by getting 1,000 mg of calcium and 600 IU of vitamin D a day, either through food (that's best) or supplements.

HELLO,
WAVY STYLES—
AT LAST!

Fine Hair Gains Volume

Thickness and oomph? You might be getting those now if you grew up with fine, limp hair. This is the decade when the outer layers of hair become more wavy and rough, which makes strands stand apart from one another instead of lying flat, explains Jessica Wu, M.D., a clinical instructor in dermatology at the University of Southern California's Keck School of Medicine. And that works to some women's advantage.

Want even more volume? Keep in mind that residue from products like conditioners can weigh hair down. So when you wash, condition only the ends.

What Happens in Bed Keeps Getting Better

You're not just imagining a happy uptick between the sheets. One study found that more women over 40 had orgasms the last time they had sex than younger ones did. Likely reasons: First off, you're more confident overall, says Kristen Mark, Ph.D., an assistant professor of health promotion at the University of Kentucky. As you go through life and meet early challenges like build-

ing a career and setting up a home, your belief in your abilities keeps increasing. That makes you less critical of yourself, says Elizabeth Glisky, Ph.D., a psychology professor at the University of Arizona. Never a bad thing in bed.

You also tend to be more comfortable with your body and more self-assured in saying what you like and what you don't, says Mark.

Concerned that this trend has passed you by? The trouble might be mechanical, and fixable. Your body secretes less natural lubrication with age, which can make sex less pleasant or even painful. Try using a drop of lubricant (silicone-based products don't dry up and are usually gentle on sensitive skin, Mark says). Restoring your comfort often recharges your libido, too.

AS IF 40 WEREN'T ALREADY GOOD ENOUGH.

VERY
SMART, THAT
IMMUNE
SYSTEM OF
YOURS!

You'll Get Sick Less

Your immune system learns something from the viruses and bacteria it picks up through the years, and by now your cells have acquired a lot of memories and can more effectively fight off trouble. With your internal defenses working optimally, you're better able to do things like take care of your sick kids without getting slammed yourself. But don't get all smug; you still need flu shots annually, and you should renew your Tdap booster (tetanus, diphtheria, and pertussis) every 10 years.



JUST WATCH OUT FOR...

A tummy bulge. It's not just a vanity thing. Belly fat is a significant contributor to heart disease. "Help control it by staying away from too much sugar, highly processed grains, and trans fats," says Keith Roach, M.D., an associate professor of clinical medicine at Weill Cornell Medical College. Also cut down on saturated fat (in beef and butter) in favor of healthy fats (in olive oil and fish). Don't flake on exercise when you're up to your eyeballs in stuff to do. You've got to figure out how to squeeze it in!

IN
YOUR



IN
YOUR

AND BEYOND

You Make Better Decisions

It might not be easy to come up with the name of the new shop on the corner; that's due to changes in the working memory areas of your brain. But older brains have an advantage: They perform better in real-world tasks that involve decisions with long-term effects, says Darrell Worthy, Ph.D., an assistant professor of psychology at Texas A&M University. That could be knowing when to ride out a wave in the stock market or reorganize a team at work. Stay sharp by doing things that require applying logic in new situations. You might, for instance, outmaneuver friends in online chess or find a new route to the beach without using GPS.

Your Relationships Are More Meaningful

When asked to rank their social and emotional well-being, older people often come up higher than younger ones. A big reason is that you're better able to steer away from negative situations, particularly in relationships, says Susan Charles, Ph.D., a professor of psychology and social behavior at the University of California, Irvine. So you might agree to disagree in political arguments or let snarky comments roll off your back. With age, people also interact more with close friends than acquaintances and find those tight relationships more satisfying, says Charles.

GOOD LIFE?
GOT IT.

JUST WATCH OUT FOR... Your ticker. Heart attack rates go up sharply about 10 years after menopause, so it's especially important to eat right, exercise, and tame stress to reduce risk. Also, don't think you're "just getting older" if you develop symptoms like weight gain, dry skin, constipation, and changes in your voice (like raspiness)—they can signal thyroid disease. Talk to your doc to be safe.

THE GREAT OUTDOORS
GETS EVEN GREATER.**Allergies? What Allergies?**

The sniffles and watery eyes you can get from ragweed, grass, and tree pollen may affect you less when you hit your sixties. It's not clear whether you develop a tolerance for those compounds or whether your symptoms aren't as bothersome, says Timothy Craig, D.O., an allergy, asthma, and immunology expert at Penn State Hershey. Either way, it means less seasonal misery.

Age Is Just a Number: Real-Life Evidence

► **AT 82, JACQUIE TAJAH MURDOCK** became a model. With her high cheekbones and chic outfits, this former Apollo Theater dancer was spotted by the blog *Advanced Style*. That post led to an appearance on the *Today* show and a starring role in Lanvin's Fall 2012 ad campaign.



► **AT 82, SISTER MADONNA BUDER** became the oldest woman to finish an Ironman triathlon. She did her first-ever run at age 47, and since then she has completed at least 45 Ironman races.



► **AT 89, JOHANNA QUAAS** holds the Guinness World Record as the oldest gymnast; her record was certified in 2012 with a floor-and-beam routine.

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[†]UV blocking percentages are based on an average across the wavelength spectrum.

[‡]Helps protect against transmission of harmful UV radiation to the cornea and into the eye.

***WARNING:** UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed. **NOTE:** Long-term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV-blocking contact lenses help provide protection against harmful UV radiation. However, clinical studies have not been done to demonstrate that wearing UV-blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your eye care practitioner for more information.

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Professional eye exam not included. Valid eye doctor prescription required. Contact lenses not available in Arkansas Vision Centers. Not available in all states.

THE SMART WOMAN'S GUIDE TO SUNGLASSES

They're a must-have accessory—doctor's orders! Shades help you ward off vision-robbing diseases such as cataracts and macular degeneration, and experts agree they can be a vital weapon against skin cancer. Make sure to get the protective features you need, then pull out our booklet for answers to all your ouch-y eye problems.

BY JESSICA MIGALA

► BLOCK THOSE BAD-GUY UV RAYS

Eye docs' number one rule: Shades should shield you from harmful ultraviolet rays. And if you're light-eyed, you may be more sensitive to damage. "Whether your sunglasses cost \$25 or \$500, don't fall for phrases like 'absorbs most UV light,'" says Dennis Fong, O.D., a clinical faculty member of the University of California, Berkeley, School of Optometry. The only trustworthy promise: "Blocks 99% to 100% of UVA and UVB rays."

► GET A VIEW WITH MINIMAL GLARE

Friends don't let friends squint and drive. To stay safe on the road—whether you're behind the wheel of a car or riding a bike—look for polarized lenses. These nix glare and keep vision clear, says ophthalmologist and clinical researcher Robert Abel, M.D. Just be sure your polarized lenses also offer full UV protection.



6 SAFE, STYLIN' PAIRS



XL aviators "hug" your face. The closer they sit, the less light enters through the sides. DVF DVF107S Sunglasses (\$136, marchon.com)



Polarized lenses reduce glare when you're driving. Under Armour UA Roll Out Sunglasses (\$120, underarmour.com)



Oversize frames help wrinkle-proof skin around your eyes. Kate Spade New York Bernadette Sunglasses (\$165, solsticesunglasses.com)

► GO BIG, NOT SKIMPY

The more coverage the frames offer, the better. A serious pair of Jackie O's—that means large frames, big lenses, and wide arms—is ideal. They'll shield more of your eyes, and the highly delicate skin around them, from sun damage.

► BEWARE OF CHEAPIES

Who hasn't been tempted to grab a fun pair from a street vendor? But cute doesn't cut it if the lenses distort your view so that driving or, say, biking isn't safe. Do this DIY test: Close one eye and look through the glasses at a straight edge, like a door frame. If the lines of the door appear wavy or it seems as if you're gazing through a glass bottle, spend a *little* more.



Do a UV Check

WANT TO KNOW IF YOUR SHADES ARE SAFE? TAKE THEM TO YOUR EYE DOC OR AN EYEWEAR STORE TO BE TESTED WITH A UV METER (LENSCRAFTERS DOES IT FOR FREE).

► DON'T BELIEVE THE DARK TINT MYTH

Sunglasses' ability to stop UV light is *not* related to how dark they are. "If they don't have enough UV protection, dark lenses can do more harm than good," says Andrea P. Thau, O.D., vice president of the American Optometric Association. It's like being in a dim room: Your pupils dilate to let in light, so dark lenses allow more radiation in than if you weren't wearing them at all. Provided they have the right UV blockage, dark shades in neutral tones are great for bright, beachlike conditions, while lighter lenses are fine for strolling around shadier streets. Grays lower light intensity without messing with color—ideal for driving. Not so for amber or yellow lenses, which can alter color perception.



Lenses with antiscratch coating keep your view crystal clear. Warby Parker Reilly Sunglasses (\$95, warbyparker.com)

Pretend the paparazzi are out there, and *a*lways stay behind your shades. "People tend to think more about the sun in summer, but UV rays can get through clouds in any season," says Thau. "I wear sunglasses year-round, even on overcast days."



Polycarbonate lenses break less—good if you're active (or clumsy). Vogue Eyewear VO2916SB Sunglasses (\$130, Sunglass Hut)



A dark brown tint cuts brightness at the beach. Add lots of SPF and you'll be good to go. Oakley Splash Sunglasses (\$150, Oakley)



Wide side arms offer maximum crow's-feet prevention—plus, they look cool. Tory Burch TY7077 Sunglasses (\$215, sunglasshut.com)

Do your contact lenses **block UV?**



ACUVUE® Brand Contact Lenses is the only major brand that blocks at least 97% of UV-B and 81% of UV-A rays[†] across the entire product line.^{†*}

**Available at most
Walmart Vision Centers.**

Walmart 
Vision Center

Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, remove the lens and contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit Acuvue.com.

[†]UV blocking percentages are based on an average across the wavelength spectrum.

[†]Helps protect against transmission of harmful UV radiation to the cornea and into the eye.

***WARNING:** UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed.

NOTE: Long-term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV-blocking contact lenses help provide protection against harmful UV radiation. However, clinical studies have not been done to demonstrate that wearing UV-blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your eye care practitioner for more information.

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Professional eye exam not included. Valid eye doctor prescription required. Contact lenses not available in Arkansas Vision Centers. Not available in all states.

DR. OZ THE GOOD LIFE

Handbook

Total Eye Guide | JULY/AUGUST 2015



WHAT'S
YOUR
EYE-Q?
FIND THE
ANSWER
INSIDE.

**PROTECT
YOUR
PEEPERS,
PEOPLE!**

A little booklet to help keep your eyes
safe and wrinkle-free, all summer long

A fresh, new-lens feeling
every day.



Experience Exceptional All-Day Lens Wear

LACREON® Technology provides a long-lasting cushion of moisture for comfort that lasts from morning until night.*

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*LACREON® is Johnson & Johnson Vision Care, Inc.'s brand name for its proprietary technology that permanently embeds a water-holding ingredient, similar to that found in natural tears, into the proven etafilcon A material.

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CAN I REALLY GET AN EYE INFECTION FROM A POOL?

Yes. (Cue the *Jaws* theme.) “Pools are the worst, especially when they’re not well maintained with chemicals to kill bacteria,” says Amy Watts, O.D., of the Massachusetts Eye and Ear Infirmary, a Harvard Medical School teaching hospital. If, for instance, the water looks funky, rethink taking that dip.

► IS IT OK TO SWIM WITH MY CONTACTS IN?

Most docs prefer that you dive in without them. Oceans, lakes, ponds, and pools contain potentially dangerous bacteria that just love to grow in the smooth, moist environment under your contact lenses, says Watts. She sometimes prescribes the daily disposable kind that can be tossed right after swimming. Another smart option: Rx goggles.

► HOW DO I TREAT AN EYE SWOLLEN FROM A BUG BITE?

“It may look bad, but chances are you’re fine,” says James McDonnell, M.D., an ophthalmologist at Loyola University Health System in Chicago. “Eyelid tissue is thin and swells easily.” To bring down puffiness and slow the bug toxin’s spread, wrap an ice pack in a towel and apply it for 10 to 20 minutes. An OTC antihistamine can ease itching, but don’t scratch! If vision blurs or you spot discharge, get to a doctor right away.



Help—there’s **DIRT in my eye! If you wear contacts, take them out. Don’t rub your eye, which could scratch your cornea. Instead, tilt your chin up, hold your upper lid open, and flush out your eye with saline solution or clean H₂O. Still can’t get the grit out? See a doc ASAP.**

A close-up portrait of a woman with dark, curly hair. She is wearing large, dark-rimmed sunglasses that reflect a bright blue sky with white clouds. She has her eyes closed and a joyful smile, showing her teeth. She is holding a thin, circular slice of green kiwi fruit near her mouth. The background is a plain, light color.

eat up

**KIWIS HAVE
TONS OF THE
VITAMIN C
YOUR EYES
LOVE.**

A red dotted line starts below the text and curves downwards and to the right, ending in a small arrowhead that points directly at the kiwi slice the woman is holding.



HOW DO I AVOID EYE WRINKLES?

First, apply broad-spectrum sunscreen, SPF 30 or higher, around your crow's-feet. Since eyes are sensitive, experts advise using a non-irritating zinc oxide product and skipping upper lids so you don't get it in your eyes. And, of course, always sport smart sunnies to protect this delicate area. Extra credit: Wear a wide-brimmed hat.



Help—there's **BUG SPRAY** in my eye! It's vital to rinse out chemicals thoroughly, says Robert Chang, M.D., an assistant professor of ophthalmology at Stanford University. So flush your eye out once, then *do it again*. And if you got a lot in there, see a doc.

► CAN MY DIET REALLY HELP KEEP MY EYES HEALTHY?

Absolutely. Major eye-protecting nutrients are vitamins C and E (get them from bell peppers, kiwi, and nuts) and beta-carotene (from carrots, sweet potatoes, broccoli, and apricots), says Elizabeth J. Johnson, Ph.D., a researcher at the Antioxidants Research Laboratory at Tufts University. Other power protectors: omega-3s (in salmon and sardines) and lutein and zeaxanthin (in kale, collards, and spinach).

► YIKES! I GOT HIT IN THE EYE WITH A BALL. SHOULD I SEE A DOCTOR?

Maybe. It's normal to experience some pain, irritation, and blurriness right after being whacked, says McDonnell, who suggests icing the area immediately (a towel-wrapped bag of frozen peas works great). If 20 minutes pass and you still have swelling and abnormal vision, call your doctor, who may want you to get a fast evaluation. Red blotches in your eye can mean broken blood vessels—not always serious but worth calling your doc about, too. Seeing flashes or floaters (they may look like tree branches or specks) after 20 minutes? Don't wait; head to the ER to check for retinal detachment, which may require surgery.



SHOULD I GET SPECIAL SHADES FOR SPORTS?

It's a good idea. Pick up a pair made of sturdy polycarbonate or Trivex, then go play! FYI: Your risk for eye injuries is greatest with activities involving balls moving at high speeds (like golf or tennis balls). If you go without a durable pair and get smacked in the eye, serious vision problems may be the price you pay.



Help—there's **SUNSCREEN** in my eye! When this happens, simply wash the product out with tap water or saline solution. Open and close your eye as you rinse. To be extra safe, use a few lubricating eyedrops to completely flush it out.

► DO I NEED SUNGLASSES IF I'M WEARING UV-BLOCKING CONTACTS?

Yes. Contacts cover your cornea but not the whole eye or the skin around it. So why bother with contacts that have an ultraviolet barrier? Because they cover the extremely light-sensitive pupil. “The amount of protection varies from one pair of contacts to the next,” says Chang. Ask your optometrist what level of protection is right for you. Contacts come with two: Class I blocks 90% of UVA and 99% of UVB—great for mountain hikes or beach days. Class II blocks 70% of UVA and 95% of UVB—good for everyday running around.

► MY EYES FEEL SO DRY IN SUMMER. WHAT'S THE FIX?

The season's worst offenders: aggressive A/C and hot, windy weather. If your office blasts arctic air, adopt these healthy habits: Take computer screen breaks, and be sure to blink frequently. For some people, artificial tears—either OTC or prescription—are a must for lubricating parched eyes, says Ohio State University's Randy McLaughlin, O.D., M.S.

SPLendid SHIRT; MADE EYEWEAR AVERY SUNGLASSES IN BLUE SMOKE WITH BLUE MIRROR LENSES, \$124, AT MADEEYEWEAR.COM. ILLUSTRATIONS BY TIM BOELAARS



essential
equipment

**SUNSCREEN +
SHADES =
HEALTHIER
EYES.**



Do your contact lenses support your digital life?

When you look at digital screens all day long, you blink 5 times less and experience dryness* as a result. The HYDRACLEAR® PLUS Technology in ACUVUE OASYS® Brand Contact Lenses helps stabilize the eye's tear film. So you get the digital experience you're looking for—comfortably.



Available at most Walmart Vision Centers.

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*Patel S, Henderson R, Bradley L, Galloway B, Hunter L. Effect of visual display unit use on blink rate and tear stability. *Optom Vis Sci.* 1991;68(11):888-892.

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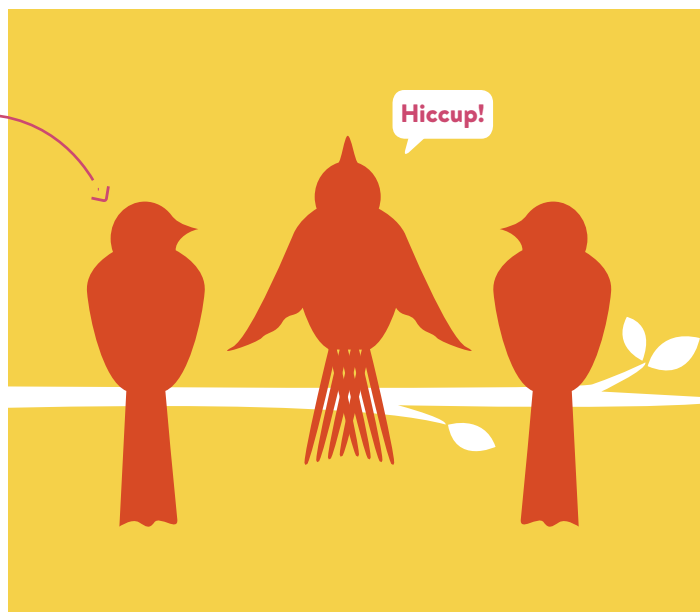
Professional eye exam not included. Valid eye doctor prescription required. Contact lenses not available in Arkansas Vision Centers. Not available in all states.

WHAT HAPPENS WHEN...

Got a case of the chirps? A little bird told us how to fix them.

...You wash dishes in cold water

How cold are we talking? When you're washing by hand, just make sure you're in the lukewarm range (75 degrees) or above. Water that temp will reduce bacteria to a safe level, says Jaesung Lee, Ph.D., a research associate of food science and technology at the Ohio State University. Any cooler and you risk leaving a lot of bugs behind. Wash off all visible food (especially from the tines of forks, where gunk can easily hide); if it sticks around, bacteria like *E. coli* can grow, and you could wind up with a major stomachache.



...You can't stop hiccupping

Something may be wonky in the part of your brain that controls your respiratory system, making the muscles below your lungs contract involuntarily. Try holding your breath, then swallow 10 times. This may halt the hiccups by stimulating nerves that affect the hiccup reflex, says Rob D. Dickerman, D.O., Ph.D., director of neurosurgery at Texas Health Presbyterian Hospital Plano. If that doesn't work and it's been 24 hours or more, see a doc. It's rare, but hiccups can be a symptom of a serious problem.

...You exercise in worn-out shoes

You could step into an injury. Stretched-out kicks don't stabilize your feet, says Tom McPoil, Ph.D., a professor of physical therapy at Regis University in Denver. Are the treads and cushioning shot? There go your shock absorbers; say hello to painful problems like shin splints. Test your shoe by squeezing the heel. It should feel firm, not flimsy. And if the sole is deeply worn, especially on one side, it's time to go shopping.

...You get a crick in your neck

All it takes is one abrupt move, even in your sleep, to leave you with a stiff neck. That may be because soft tissue or a disk in your neck is being pinched, causing inflammation, says Dave Walton, Ph.D., an assistant professor of physical therapy at Western University in London, Ontario. Ease the pain with ibuprofen or a heat pack. Cricks often go away within days; if one lasts longer than 10 days, see a physical therapist, who may recommend treatments like stretches.



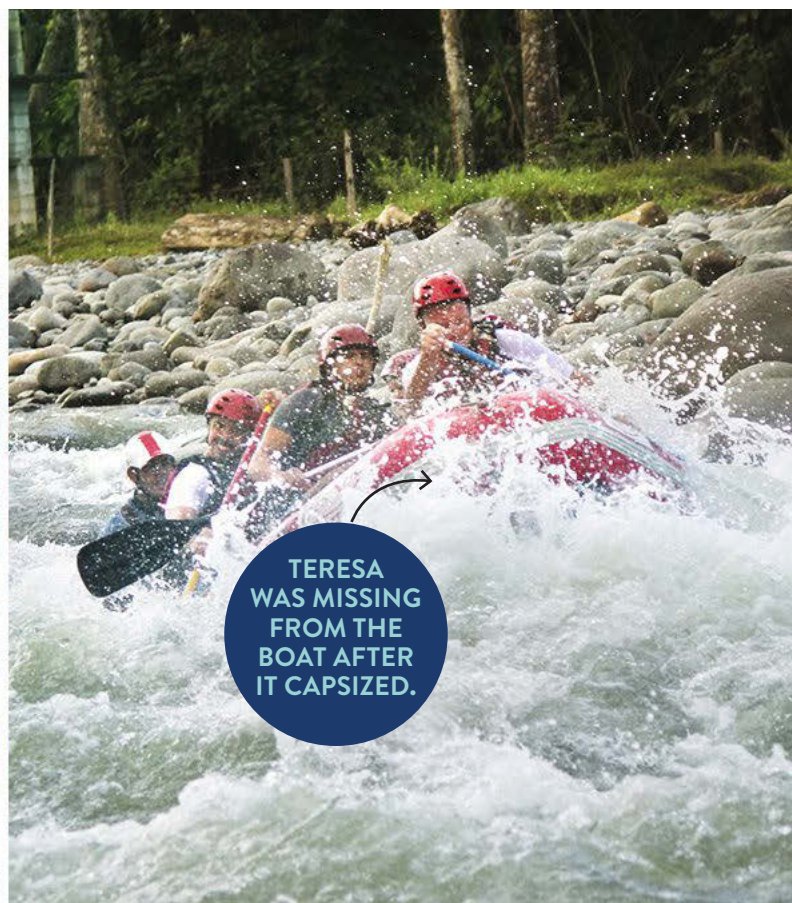
...You drink water from a plastic bottle that's been sitting in the sun

If you only do it occasionally, it's probably not a big deal (with kids, be more cautious). Just don't store water bottles outside or in your car, as they can be made partly of materials that break down when exposed to heat and UV light, says George Bittner, Ph.D., a professor of neuroscience at the University of Texas at Austin. When that happens, the bottles can release tiny amounts of hormone-disrupting substances (including BPA) that are linked to obesity, asthma, and more.

Split Seconds from Disaster

Before you head off on your next adventure, learn some lessons from one woman's larky trip-turned-nightmare. And stay safe, everyone.

BY TERESA SOLIS, AS TOLD TO MEGHAN RABBITT



San Diego teacher Teresa Solis, 55, thought white-water rafting would be a thrilling end to a perfect holiday. She didn't expect to fight for her life.

LOOKING AT THE FOAMING RAPIDS OF A rain-swollen river in Costa Rica should have scared me, your average middle-aged American tourist. Yet as I wedged myself into a six-person raft and buckled on a life jacket and helmet, all I felt was excitement.

It was the last day of a Central American vacation with my 23- and 21-year-old daughters. The area is known for adventure sports, so we'd zip-lined and scuba dived. The girls even tried "volcano-boarding" down a mountainside. That was too adventurous for me, but when the opportunity to go white-water rafting came up, I didn't hesitate. I'd

already done it and loved it a bunch of times.

Within a minute of taking off from shore, we hit our first rapid, and I only had time to think, *Oh, boy, this is a big one*, before our raft capsized and we all—even the guide—went flying into the water.

Trapped and drowning

I'm a strong swimmer, so at first I just let myself be carried downriver, like my daughters and everyone else. They all made it back to shore, and I expected to do the same, but then a guy on the riverbank threw me a rope. I caught it with my right hand just as another

rapid sucked me under. As the water whirl-pooled me around, the rope wrapped around my wrist a few times, then snapped tight.

What I didn't know: The force had ripped the rope's other end out of the man's hands, and it had gotten snagged between two rocks in the river. Instead of being pulled ashore, I was anchored in a turbulent eddy with my right wrist behind my head, while I tried desperately to stay above water.

I was totally disoriented, thrown around by the rough currents. Every few seconds I'd get pulled under, then surface to gasp for air and to scream. A couple of times, my helmet hit underwater rocks—hard. I felt my pants get torn off my body, then my underwear. For a moment I was mortified—how was I going to get out of the water with no underwear on? But then reality set in. I began to pray, *Please don't let me die in front of my daughters.*

Exhaustion was overtaking me when, finally, my guide appeared next to me and cut the rope—he'd swum out to make the rescue. I tumbled to the bank, and someone gave me a pair of swim trunks to put on. I looked at my right hand. It was clenched into a claw and swollen to three times its usual size. The pain felt like fire, and I couldn't move my fingers. I knew I needed to get to a hospital right away.

Surgery far from home

Rafting guides strapped me onto a stretcher and carried me up the dangerous bank, cutting through foliage and going over barbed-wire fences to meet an ambulance on the closest road. I was so thankful, praising them in my broken Spanish. They brushed it off, and I tried to focus on the lush, beautiful scenery to distract me from my agony.

The ambulance took me to the nearest hospital. While Costa Rica is known for having some of the most advanced health care facilities in Central America, those are part of the private hospital network—and the closest one of them was more than three hours' drive away. What I saw at the public hospital shocked me: There was what appeared to be mold on a window and fresh blood on the stool they told me to use to get into bed. I wanted to be transferred to a private hospital as soon as possible, but doctors said I needed emergency surgery to restore circulation or I



Teresa and her kids, finally headed home

could lose my hand. Before I knew it, I was being wheeled into the operating room. It was terrifying—my daughters weren't there yet, and I don't speak much Spanish, but I just kept saying, "Please save my hand!"

I'd go on to have one more surgery in the two days I was at the hospital, to relieve swelling in my hand. During that time, my older daughter kept calling my insurance company to request that I be transferred. She even got our congressman to call on our behalf. Still, I was stuck there. Friends started offering up credit cards so we could piece together the \$50,000 I was told it would take for a medevac flight home. But miraculously, our tour company itself found a private ambulance that could safely transport me. After hours of travel on bumpy roads, I was finally at the private hospital. There I was operated on twice more so I'd be in shape to fly home. Back in San Diego, doctors told me I was lucky my hand hadn't needed to be amputated—I'd badly damaged an artery in my wrist. I remembered my struggle in those violent rapids and felt lucky to be alive.

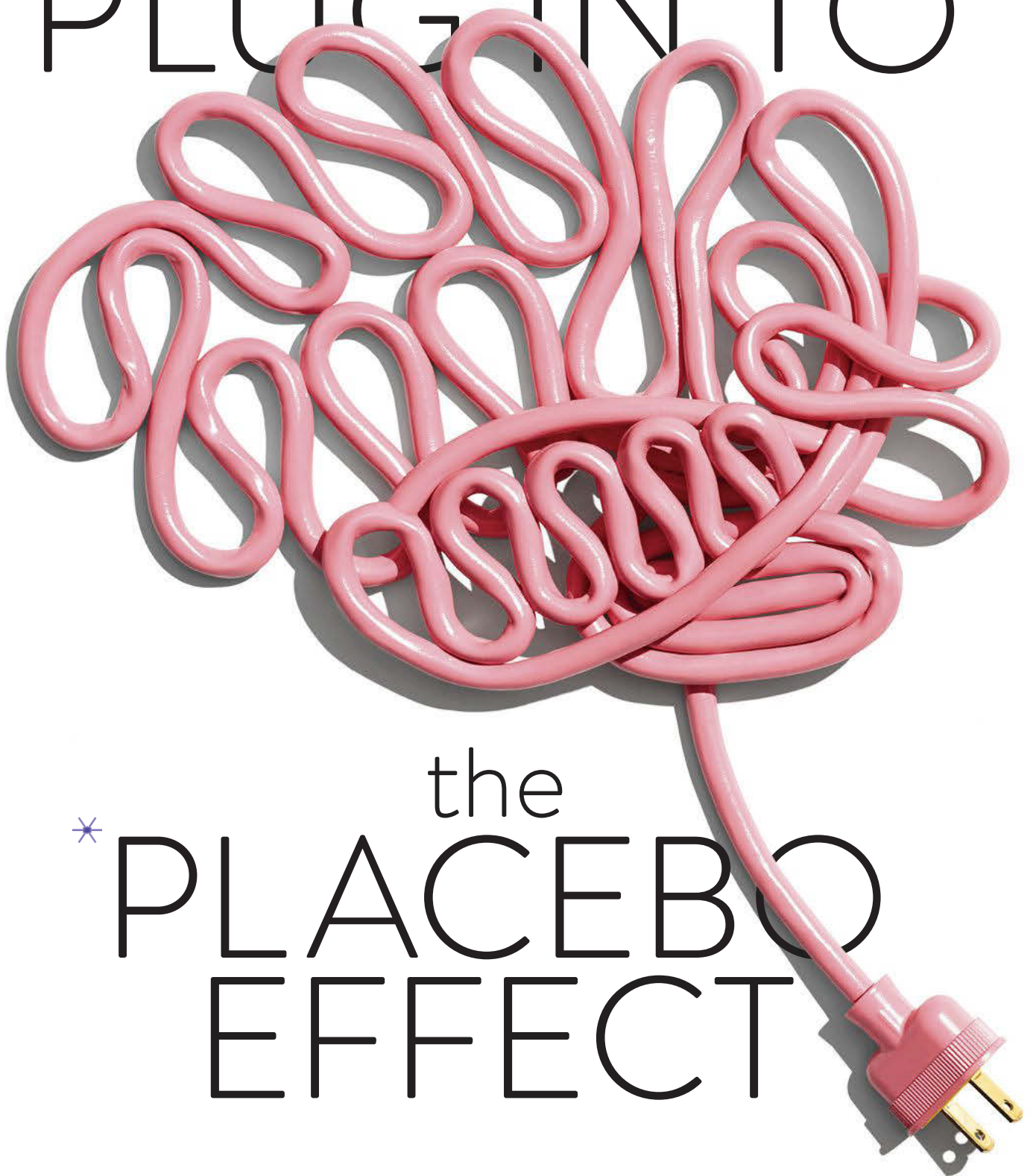
Now I'm on leave from my job as a first-grade teacher. I spend my days in physical therapy, relearning the skills I teach in my classroom: how to button a shirt, tie a shoe. It's slow going, but I'm confident I'll get the use of my hand back. I also know that this won't stop me from having adventures in the future. Don't get me wrong: I'm going to make sure I have a medical plan ready. But I won't let fear hold me back. ■

GOING SOMEWHERE? YOUR HEALTH CHECKLIST

- ✓ **Know your health insurance.**
Ask your carrier if your primary policy applies overseas, and consider travel insurance: It may help get you home in an emergency.
- ✓ **Fill out your passport's emergency contact page.**
Yes, it exists. Foreign police and hospital workers will look for your family's contact info there.
- ✓ **Know who could send you money for care.**
Some foreign hospitals accept cash only, and most insurance companies will reimburse you for costs rather than paying them outright.

THE GOOD LIFE REPORT

PLUG INTO



the
* PLACEB
EFFECT

BY MEGHAN RABBITT
PHOTOGRAPHED BY ADAM VOORHES

* How to
use the
power of
your mind
to heal
your body.
It's 100%
natural
medicine,
backed
by science.



FOR YEARS, DOCTORS USED sugar pills and fake procedures—a.k.a. placebos—to test how well “real” treatments worked. One group of people with a medical condition would get an actual therapy; the other would get something that looked and seemed just like it but was known to have no effect on the problem.

And then scientists started noticing something arresting: Many times, those “fake” treatments worked really well, even beating out the therapies they went up against. Take a look at just a few of the recent findings that inspired even skeptical experts to go “Wow”:

- ▶ Placebos knocked out lower back pain just as powerfully as acetaminophen did in a large, rigorous trial conducted in 2014.
- ▶ A comprehensive review in the *Journal of the American Medical Association* in 2010 found that placebos were as effective as widely prescribed antidepressants for many less-severe cases of depression.
- ▶ Nearly 60% of people with irritable bowel syndrome got better when taking a placebo even when they were told outright they’d be getting a fake, according to a 2010 study.
- ▶ Scientists looking for limits to this effect even went as far as surgery: A study published in the *New England Journal of Medicine* found that patients who had a fake knee surgery for osteoarthritis (yes, you read that right—the docs made an incision, then just closed it up) improved as much as those who had the real deal.

What’s going on? Science is beginning to understand that the potent ingredient in these placebo therapies may be your expectation that they work. Brain imaging studies show that belief in your treatment can actually change the way your brain works, says John M. Kelley, Ph.D., deputy director of the Program in Placebo Studies at Harvard Medical School. When your brain shifts, your body does, too, sending out chemicals and firing up systems that help you get better.

Consider this real-life example:

One morning in 2013, Wayne Jonas, M.D., a family physician in Washington, D.C., and a professor of family medicine at Georgetown University, was doing his usual hospital rounds and found himself facing a frustrated patient with bone cancer. He was on the heavy painkiller morphine to ease his discomfort, but the drug was making him too loopy to connect with his family and friends in a meaningful way. “He wanted to

reduce the meds he was taking, but knew his pain was too intense to stop taking them,” says Jonas.

So the doctor got creative. He started asking his patient questions about how he liked to relax. Did he have a favorite movie, TV show, or type of music that distracted him from his pain? The man mentioned that classical music always did the trick. So Jonas instructed the hospital staff to play what he loved each time they gave him his dose of morphine and told the man to listen to the same music when he transitioned to taking the drug at home. Within a week, he got the pain relief he needed with less medication as long as the music played along. Chatting with his wife and laughing with their kids, he felt his spirits rebound.

“The music enabled this man to tap into his body’s ability to make natural pain relievers, which amplified the effects of the morphine,” says Jonas. “What I helped him do is use the placebo effect—a positive, healing response to something that’s medically inert, like music.”

Not so long ago, experts considered the placebo effect a completely imagined reaction. Any relief patients reported had to be “all in their heads.” Now we know that what you think can promote the healing response—and this may help explain why yet-to-be-proven alternative therapies work for those who swear by them, or why a trusted doc’s reassuring words, understanding nod, or validation of your emotions can help you feel better almost instantly.

Brain imaging studies have begun to pinpoint what’s going on when the mind gives modern medicine this type of unex-

pected boost. At the University of Colorado at Boulder, researcher Tor Wager, Ph.D., has used the newest scanning technology to show that if you’re in pain, placebos can trigger a release of internal painkillers (see more on this below left) that not only relieve discomfort but also help calm your heart rate and breathing. Physiological changes lead to psychological benefits, too: better moods, tempered stress and anxiety, and less insomnia—“all things that help anyone heal,” says Wager.

Practitioners can’t prescribe a dummy pill in place of a real treatment for ethical reasons—the American Medical Association has strict rules against this. But advice like “take an aspirin and get some rest” or “there’s no evidence this supplement works, but I have patients who’ve found it to be helpful” is how some docs may work around the prohibition and help you get your mind into the game. One survey found that about half of American physicians would prescribe placebos or might-help-can’t-hurt treatments such as OTC painkillers or vitamins to jump-start patients’ recoveries; other research suggests the numbers are growing. “What placebo research has shown time and time again,” says Andrew Geers, Ph.D., professor of psychology and placebo researcher at the University of Toledo, “is that there is a psychological component to any treatment, and it’s possible to maximize that to get the most out of it.”

You don’t need to enroll in a scientific study to experience the power of the placebo effect—anyone can benefit from the mind-body connection it ignites. Just give these simple, practical strategies a try:

HOW YOUR BRAIN CAN SQUELCH PAIN



1 You’re at your doc’s office, hurting. You see comforting details, like the med school degree on the wall. The doctor, in her white coat, pats your arm and says she’s sorry you’re in pain. All of this, whether you realize it or not, kicks off a volley of changes in various parts of your brain (frontal cortex and limbic areas) and body.

2 3 Her caring and her credentials spark the thought: “This smart doctor can heal me.” That spurs your brain to release your natural painkillers, opioids.

4 The brain stem figures out how much pain you’re in and doles out the right amount of opioid from your internal pharmacy. You might feel better already.

5 Opioids travel from the brain to the spinal cord and through the body. You continue to form expectations like, “I know my doctor will send me to a good physical therapist.” The more opioids you release, the less pain you feel—making you believe in the treatment and setting you up for a better outcome.

Source: Luana Colloca, M.D., Ph.D., a neurophysiologist and an associate professor at the University of Maryland

1 LOOK UNTIL YOU FIND AN A+ DOC WHO SEEMS TO REALLY CARE.

All of the verbal and nonverbal ways a physician shows good bedside manner—asking questions about your life and how you’re feeling, listening intently, or placing a comforting hand on your shoulder—set you up for the placebo effect to work. In another study on irritable bowel syndrome, published in the *British Medical Journal*, doctors administered sham acupuncture (needles inserted into inactive points) and provided extra TLC to one group, including lots of reassurance, sympathy, and gentle touch. Just like that, the patients who received special attention experienced markedly more relief than those who got the no-frills placebo treatment.

“It’s proof that your relationship with your provider is key,” says



★ Pills get better results when they're certain colors, research shows. That's why you may see...

Placebos in Your Pillbox?

Your brain can make your meds work better. Our minds think that...

► **Capsules are more powerful than pills. And with arthritis, injections trump both, possibly because the bigger the intervention, the higher our expectations are that it will work.**

► **Multiple doses in a day are superior. Four-times-a-day placebos provided more relief than those taken twice daily, likely due to our brain's saying, "More must be better."**

your kids' names, or she wears a white coat. Nothing on the list? Move on to someone else.

3 EXPECT GREAT THINGS.

From the unsurprising—but incredibly—important department: Your optimism about what's happening may determine how well a treatment works. Expectation is the most widely studied mechanism behind the placebo response. Simply put: "If you're starting a therapy and don't expect it's going to be effective, there's a good chance it'll work less well for you than for someone who truly believes that it's going to help," says Geers. Your natural psychological makeup—whether you're reading along and thinking,

Kelley. "And the ways that doctor interacts with you—and even whether or not he believes in your ability to get better—plays a role, too." An interesting new twist in placebo research shows that a physician's confidence in a treatment can influence how well you respond to it. "The more your doctor believes something is going to work, the more likely it is that he'll convey this to you, boosting your own expectations of success," Kelley says.

If you've got a physician you like and trust, kudos. But if you've settled for "good enough," ask your family, friends, and coworkers about their docs until you come across someone whose face really lights up when she talks about hers. Yes, finding someone new is often a time-consuming, anything-but-fun process, but the extra effort could mean treatment that comes through for you when you need it most.

2 A CLEAN WAITING ROOM? FRIENDLY STAFF? ALL THAT COUNTS. If you love your doc's approach but find her nurses rude and the office dingy, it may undermine your confidence in her—which may compromise your body's potential doctoring power. That's because even seemingly small things, like where you're getting treated, can create a context that sets us up for healing, says Kelley. (For instance, you might be someone who believes a painkiller you get at a hospital will be better than what you could take at home.)

Think you don't care about whether a drug is name brand or generic? In one placebo study, people felt better when they thought the med they were getting had cost more. Should you insist on pricey pills and pay for them when insurance won't? Not necessarily, but ask your doctor for some reassurance that the exact same compound is in the cheaper drug. Similarly, it's worth taking a look around at her office. Tally up the little things that help you feel you're in good hands, even down to whether the staff is friendly, your doctor remembers

Wow! This is amazing! or Pfff, it's all a bunch of baloney—matters too. Some research suggests that optimists, as well as those who tend to be altruistic, resilient, and straightforward, are more likely to get pain relief when they receive placebo treatments.

All isn't lost if you're a glass-half-empty type. You can try helping the placebo effect along by reminding yourself of the high success rates of a treatment you're having. "Placebos likely trigger the relaxation response, a reaction in which the body releases some of our innate healing hormones," says Geers. So anything you can do to turn on relaxation—like listening to music, meditating, riding your bike, and maybe even having sex—may help start your body's mending mechanisms.

No one's claiming that placebo treatment will cure cancer, heart disease, Alzheimer's, or any other serious illness on its own—just that it is a valuable but underused tool in our get-well arsenal. Optimist or pessimist, believer or skeptic, it makes sense to plug in to the potential of what's already inside and around you: your brain, your beliefs, and people who care. ■



DR. OZ ON OPTIMISM

While the placebo effect can help you get healthier, the "nocebo" effect does the opposite. I was taught in med school that if you give a patient bad news with no hope, they will follow the prognosis. So you have to find the inspirational possibilities while still being honest—especially with yourself.



News Your Body Needs Now



GERM ALERT



A grubby ladies' room floor is no place for a nice handbag.

Hold That Purse!

We've all been there: stuck in a restroom with no hook for our handbag. Better to balance it on your lap than place it on the ground, says Charles Gerba, Ph.D., a professor of microbiology at the University of Arizona. Flushing the toilet can transfer bacteria and germs to the floor, where they may linger for hours or even days.

Is This Pill a Mood Shifter?

Not only can acetaminophen block pain, it may level out your emotions, too. A study of 153 people found that those who took the med felt less moved after viewing both joyful and disturbing images than those who hadn't taken the pill. Acetaminophen may affect our serotonin levels, which help regulate mood. Who knew the med could have this subtle side effect?

Bedtime procrastination: Possibly a risky health move



Why You (Really) Should Go to Bed Earlier

Sleep is vital, and Jimmy Kimmel can wait! A new study of more than 1,600 people found that women who stayed up late and slept in were more likely than their early-rising counterparts to have metabolic syndrome, a cluster of conditions that includes high blood sugar and abnormal cholesterol levels and can raise your risk of heart disease. Here's why: Night owls may have disrupted circadian rhythms, which can lead to health problems.

Tell Your Doctor This

Have any of your first-degree male relatives (like a father, brother, or son) ever had prostate cancer? If so, your risk for breast cancer increases by 14%, according to a study in the journal *Cancer*. Speak up; your doctor may use this info to give tailored advice on your screening schedule, diet, and more.



Techy Slim-Down Scales

As people get fitter, they can drop fat but gain muscle. Problem is, standard scales don't tell the difference between a pound of either one. Smart scales use electrodes to compute your body fat, body water, and muscle mass. They can be thrown off by water retention in your cycle, says Clinton Brawner, Ph.D., a clinical exercise physiologist at Henry Ford Hospital in Detroit, but they're useful for tracking changes in your fitness levels.

MADE YOU LOOK.
(and yes, she's wearing them)



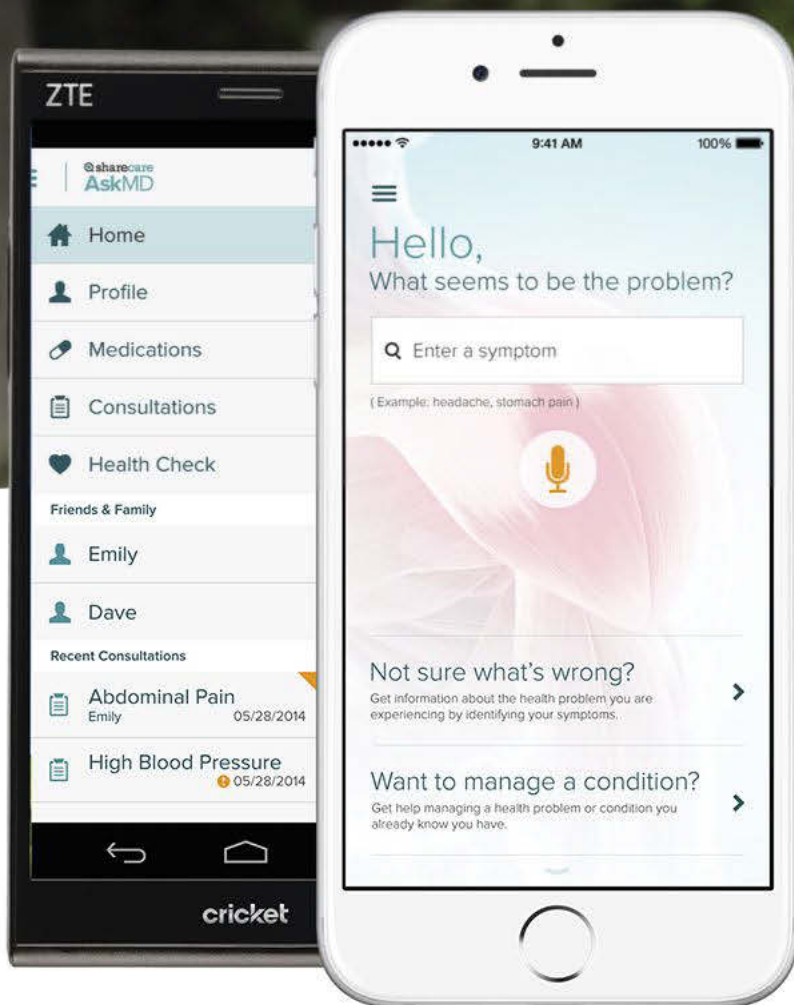
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TRUE BEAUTY

4 ways to perk up your smile ;)

You flash it all day long—it's a key part of your awesome personality. So give your smile some well-deserved attention with our bright ideas. Big difference, no drilling, we promise.

BY HANNAH MORRILL

Smiles are often what you notice first, from this pretty lady's to the *Mona Lisa's* at the Louvre in Paris. A big grin makes you more memorable than a neutral expression does, research shows, and for better or worse, we judge others' intelligence, competence, trustworthiness, and even leadership skills on the straightness and whiteness of their teeth. Feeling as if yours need a little tune-up? Turn the page to find solutions that are guaranteed to make your smile shine.

Find the Right White

If your teeth are stained (red wine, coffee, and smoking are likely culprits), don't wait to whiten, advises Gregg Lituchy, D.D.S., a New York cosmetic dentist. "It's easier to lighten one or two shades rather than six or seven," he says. The good news for cabernet and espresso lovers: There's no shortage of effective at-home lighteners.

Hydrogen peroxide is the gold-standard whitening ingredient; it breaks down and bleaches stains away. You'll find it in everything from toothpastes to mouthwashes, but two great bets are pens or tubes like **SuperSmile Quikee Instant Whitening Polish** (\$18, supersmile.com) (1), which can be squeezed directly onto the teeth, or flexible plastic strips like **Crest 3D White Supreme FlexFit Whitestrips** (\$65, 3dwhite.com) (2). Strips apply a 10% peroxide gel to your teeth; use them for an hour so whitening agents penetrate.

Peroxide leaves some people with sensitive teeth. If that's you, baking soda-based whiteners such as the **BeconfiDent Teeth Whitening Kit** (\$40, beconfident.com) (3) are a good alternative. Mildly abrasive, they gently buff away surface stains, pain-free.

In the office, dentists can use an LED light device to intensify peroxide gels (which are up to 40% stronger than over-the-counter gels). Treatments cost \$500 or more and may cause some zingy sensitivity, but they can lighten teeth up to four shades, compared to one or two shades for home kits. For

a cross between the two, try the **Go Smile Sonic Blue Teeth Whitening System** (\$129, qvc.com) (4). It's a sonic toothbrush with a blue LED light that helps the peroxide gel penetrate to lighten two or more shades in a few days.

Keep Up Appearances

Teeth have two layers: a yellow inner core, known as dentin, where most stains form, and a strong, white outer layer, known as enamel. As we brush, chew, and simply get older, the enamel thins, allowing darker dentin to show through so teeth look less white. If your dentist tells you that your enamel is thinning, avoid whitening toothpastes with microbeads ("polyethylene" in the ingredient list) or silica, which slough stains but can be overly abrasive. Instead, try an enamel-strengthening paste like **Colgate Total Daily Repair Toothpaste** (\$4, Walmart) (5) or a rinse like **Arm & Hammer Truly Radiant Whitening and Strengthening Fluoride Rinse** (\$3.50, Walmart) (6), both of which repair early damage and prevent further erosion with a fluoride shield. If your enamel is too far gone, docs

YOUR HEALTHY-SMILE TOOL KIT

All you need for a gorgeous grin is right here, from potent whiteners to a paste that protects gums.



LIPSTICKS THAT MAKE TEETH LOOK WHITER

can apply a thin layer of tooth-colored composite resin that matches the rest of your smile. “Even just the front few teeth makes a huge impact,” Lituchy says. The treatment can cost \$200 and up per tooth but lasts at least a decade.

Mind Your Gums

Over the years, our gums naturally recede, and vigorously brushing up and down pushes them away prematurely, making you appear slightly older. The “younger” way to brush is in a gentle motion away from the gum line. A toothpaste with antioxidants, like **Glo Science Whitening & Antioxidant Toothpaste in Lavender Dream** (\$16, gloscience.com) (7), keeps everything in your mouth shipshape by reducing inflammation of the gums. Flossing, which pulls bacteria out from the gum line, is also super-important. Hate doing it? One of the new air flossers might convert you, says Michael Apa, D.D.S., an aesthetic dentist in New York. Try **Philips Sonicare AirFloss Pro** (\$90, philips.com) (8), which shoots an itty-bitty burst of air and a special rinse between your teeth to dislodge plaque, bacteria, and debris. “It can be less painful and time-consuming than flossing, which may help you stick with the habit,” Apa says.

Try a Whitening Lipstick

Those of us who remember the black and blue (or was it gold and white?) dress that caused a stir online a few months ago know that color is a matter of perception. When it comes to your smile, you can use this to your advantage. “Certain shades of lipstick can actually make your teeth look whiter and brighter,” says L.A. makeup artist Fiona Stiles. “Look for blue-based tones to add a contrasting coolness that accentuates the whiteness of the teeth.” Check out our roundup, above, of whitening pinks and reds for every skin tone.

Unlike peaches and corals, which can bring out the yellow in your teeth, these blue-based reds and pinks are one-swipe smile savers.



Fair | 1 Bobbi Brown Creamy Matte Lip Color in Pink Nude (\$26, bobbi.browncosmetics.com)

2 Laura Geller Love Me Dew Moisturizing Lip Crayon in Cranberry Glaze (\$16, Ulta)

Medium | 3 Pixi by Petra Mattelustre Lipstick in Classic Red (\$12, Target)

4 Burt's Bees Lip Crayon in Carolina Coast (\$9, drugstores)

Olive | 5 Laura Mercier Crème Smooth Lip Color in Hollywood (\$27, Lord & Taylor)

6 Jane Iredale PlayOn Lip Crayon in Charming (\$18, Nordstrom)

Dark | 7 MAC Cosmetics Lipstick in Girl About Town (\$17, maccosmetics.com)

8 Tom Ford Lip Color Matte in Velvet Cherry (\$52, nordstrom.com)

Your body changes 500+ times a day.
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Body changes can cause odor. So keep up with whatever the day throws your way with **Secret Clinical Strength's** Adapts&Responds Technology.™ **FEARLESSNESS. APPLY DAILY.**

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What's in Your... DEODORANT?

Welcome to antiperspirant appreciation season. That little stick works hard to keep you smelling good. Here's what to look for in your B.O. buster.

BY HANNAH HICKOK

SOLID, GEL, OR SPRAY, OH MY!

All three are about equally effective, so choose the look and feel you prefer.

► **SOLIDS** typically contain a blend of silicone-based waxes that won't melt. They go on with a matte, powdery finish.

► **GELS** don't have as many waxes or hardeners. They roll on wet and clear, and you avoid those pesky white stains that can happen with other varieties.

► **SPRAYS** usually contain gas propellants like butane and hydrofluorocarbon. They may sound scary, but they're safe, and they dry almost instantly.

Pro Tip

Put on antiperspirant before bed and again in the morning. You don't sweat as much during sleep, so it absorbs better for a longer-lasting sweat blockage the next day.

Natural Alternatives

Some of the best all-natural options kill bacteria with hops (yes, as in beer), alcohol, or baking soda and fight odor with essential oils. They may also absorb sweat via talc or clay, but there's nothing in them that will prevent perspiration.



DID YOU KNOW...

Certain products may lead to smellier armpits: Soaps with detergents like sulfate and betaine disrupt the pH of your skin, making it more bacteria-friendly.

DEODORANT VS. ANTIPERSPIRANT: THE DEETS

Sweat becomes stinky when the bacteria that live under your arms begin to break it down. The alcohol in deodorant makes it harder for these bacteria to grow, and metal chelating compounds kill stubborn survivors. Antiperspirant does the same, and it also stops you from sweating when its aluminum salts react with your perspiration to create a gel that plugs your sweat glands.

DOES ALUMINUM HAVE HEALTH RISKS?

In a word: No. Scientists have studied a possible link between aluminum-based antiperspirants and such illnesses as breast cancer and Alzheimer's, but research shows no conclusive connection between those diseases and FDA-regulated levels of aluminum that you'll find in products (typically no more than 25%).

Power Polishes

Long-wear lacquers are kinder to your nails than salon gel manis, but can they handle the wear and tear of your very hands-on life? These passed our test with flying colors.



Lovely



Patience Pays Off



Overblown Orange

A neutral shade with staying power



Rosewater

1

OUR TESTER

Stenographer

Cheryll Kerr's gig as a fast-typing court reporter puts her nails through the wringer. But just one "easy to apply" coat was all she needed for a "salon-like" shine and chip-free finish that lasted longer than her usual polish of choice. CoverGirl XL Nail Gel (\$9, drugstores)

2

OUR TESTER

Green Guru

Eco-friendly lacquers aren't known for their long wear; they can lack some of the hardeners and plasticizers used in other polishes. Still, natural-beauty expert Sophie Uliano said Butter London's stayed on "four days longer" than her typical manicure. Butter London Patent Shine 10X (\$18, Ulta)

3

OUR TESTER

Landscaper

"Super-durable. It didn't chip at all," said Jan Johnsen, of Mount Kisco, NY, who wore this formula for more than a week. That's a plus even if you're not digging in the dirt all day—and so is the "nice, glossy finish." EverGlaze Extended Wear Nail Lacquer (\$9 each for polish and top coat, sallybeauty.com)

4

OUR TESTER

Manicurist

Ami Vega knows good polish—she whips celeb tips into shape for photo shoots. "This one gives good coverage with just one coat," said the New York nail pro. There were "minor" chips a few days in, but "the polish stayed shiny" until she took it off a week later. OPI Infinite Shine (\$12.50, Ulta)

WHAT YOU CAN EXPECT FROM THESE POLISHES

● extra durable | ● easy to apply | ● easy to remove | ● high shine



This one comes in 36 shades!



The wide brush helps it glide on effortlessly.

5

OUR TESTER Hair Colorist

With hands that are constantly submerged in water and covered in bleaches, Nicole Tresch, of New York's Rita Hazan Salon, is tough on her nails. That's why Revlon's lacquer is such a revelation: "It lasted eight days," said Tresch, "and came off easily with regular remover."

Revlon ColorStay Gel Envy Longwear Nail Enamel (\$8 each for polish and top coat, drugstores)

6

OUR TESTER Sculptor

Gwen Marcus, who blasts away at bronze, clay, and wax every day to create her renowned figurative sculptures, said that this polish "remained chip-free for about seven days."

SpaRitual Gold Flexible Color (\$18 each for polish and top coat, sparitual.com)

7

OUR TESTER Beauty Editor

The Good Life's own Sarah Weir has tried almost every polish out there, hunting for one that can go the distance on her chip-prone nails. This one "dried quickly" and "doubled the wear" of her mani.

Sally Hansen Miracle Gel (\$10 each for polish and top coat, drugstores)

8

OUR TESTER Nail Doc

"The glossy finish was like a gel's, and it lasted a little longer than regular polish," said Dana Stern, M.D., a dermatologist and nail expert in New York. The removal process was a cinch and didn't damage her nails. Orly Color Amp'd Flexible Color (\$10 each for polish and top coat, Target)

THE goodstuff

PRODUCTS, PROMOTIONS & EVENTS



1 Naturtint

Harness the power of natural botanicals for a hair color experience like no other! Naturtint gives you the luminous, long-lasting color you crave without the chemicals you don't. Naturtint is ammonia free, paraben free, cruelty free and is available in 29 mixable shades.

NaturtintUSA.com



2 Burt's Bees®

Renewal Face Care

Nourish and protect your skin with a super boost of natural ingredients like White Hibiscus and Apple Rejuvenating Complex—improving firmness and hydration in just four weeks.

BurtsBees.com/28days



3 Floradix Iron + Herbs

Floradix Iron + Herbs is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.

florahealth.com



4 I Can't Believe It's Not Butter!® Light

The new and improved I Can't Believe It's Not Butter!® Light is made from real, simple ingredients, is a source of good fats, and is just 40 calories per serving.

ICantBelieveItsNotButter.com



Hair Where?!

How to Get Rid of the Fuzz You Don't Want

Hair today... gone tomorrow.
Turn the page for the tips.

It should be so simple. But if you've ever attempted a King Pigeon yoga pose in the tub to get that last bit of stubble on the back of your ankle or chomped down on a towel to endure a bikini wax, you know hair removal can get...tricky. We asked for your craziest shaving, waxing, and depilatory confessions and polled the pros for guidance on how to make things go more *smoothly* next time. ►

BY GINA WAY

ILLUSTRATIONS BY JOHN W. TOMAC

DIY DISASTER

“It took me three hours to remove one strip of an at-home bikini wax kit. I would pull a little, cry, then pull more. I actually canceled my plans that night. Any tips for a better experience?” —C.M., Attleboro, MA

► **EXPERT ADVICE** “Pop a pain reliever an hour before,” suggests New York dermatologist Elizabeth Hale, M.D., and don’t wax right before or after your period, when skin tends to be more sensitive. Use gentler hard wax (you pull it off with your hand instead of cloth strips), and moisturize beforehand since it’ll hurt a lot more if your skin is dry, says Keisha Pittman, an aesthetics educator for Bliss spa. Spread a thick layer onto a 2-by-3-inch section of skin in the direction of hair growth. Once it’s semidry, press with your hand, then pull swiftly against the hair growth.

HAIRY DIGITS

“My fingers and toes look like something out of *The Hobbit*. I’m really embarrassed in summer when I wear sandals. Should I wax or shave?” —A.B., New York

► **EXPERT ADVICE** Not only is your Bilbo Baggins issue easy to remedy, it’s much more common than you think. Shaving isn’t the answer

here—you’ll have stubble in a day. Plus, it’s easy to nick yourself in an area with lots of little creases. Waxing is a better option since it removes hair from the root, and it’s simple to do at home. “Kits with strips are easiest to use on this area,” says Pittman. Just warm the double-sided strip for a few seconds between the palms of your hands, pull the strip apart, and press one firmly on the area. Pull it off against hair growth.

LIP DISSERVICE

“I had my upper lip waxed, and some of my skin ripped off! I had to walk around with a shiny Neosporin mustache for a week. How can I stop this from happening again?” —M.M., Roselle Park, NJ

► **EXPERT ADVICE** Waxing can take off the top layers of dead skin along with hair, so be mindful of what you’re putting on your face before. “Retinoids, benzoyl peroxide, acids, and face scrubs exfoliate the top layer of skin, making it vulnerable to wax burn,” says New York dermatologist Whitney Bowe, M.D. “Stop using these products a week before waxing.”

▼
A three-hour bikini wax? Don’t let it happen to you. Read one woman’s hair-raising tale, above.



ARM (HAIR) WRESTLING

“I’m so self-conscious about my dark arm hair that I wear long sleeves, even in the summer. I’m afraid to go the waxing route and won’t shave (Hello? Stubble!). Should I lighten this hair?” —K.U., Wilmington, MA

► **EXPERT ADVICE** Bleaching can be very effective at camouflaging dark arm hair, and it’s totally painless. But it works best on fair to medium skin tones, since bleached blond hair against a dark complexion is even more noticeable. “The hydrogen peroxide in these kits could also irritate the skin if you’re touching up dark regrowth on such a large area every few weeks,” warns Bowe. Your next best bet is a depilatory cream, which can get rid of this hair completely for up to two weeks.

THAT’S THE PITS

“I have a five o’clock shadow under my arms, even right after shaving. Is there anything I can do to get rid of it?”

—E.S., New York

► **EXPERT ADVICE** The hair just underneath the surface of your skin creates this look. Sexy on Jon Hamm’s face, yes, but not so attractive under your arms. To get the very closest shave, start with a clean, sharp blade. “Replace yours every five to eight shaves,” advises Brittany Johnson, master barber at the Rittenhouse Spa & Club in Philadelphia. Then, shave strategically. “Hair grows in various patterns under your arms, so you need to go against the grain in every direction—up and down, right to left, and diagonally—in order to get the smoothest results,” she says. For a more permanent solution, consider laser hair removal. It’s pricey (average is \$300 per treatment), and you’ll need about five sessions, but you’ll get a nearly permanent reduction. At-home lasers are everywhere now, but they’re much less powerful than their in-office cousins, so it could take twice as many treatments to defuzz completely.

FEEL THE HEAT

► **“I used a depilatory cream ‘down there’ and ended up with a chemical burn. After a few days of icing, I was back to normal, but now I’m terrified of removing any hair in that region. What went wrong?” —L.B., Austin, TX**

► **EXPERT ADVICE** Ouch! The chemicals in depilatories (usually calcium or potassium hydroxide) can be harsh on this delicate area. Laser hair removal is actually the safer way to get rid of hair down south, and it’s especially good if you’re prone to ingrowns since it destroys the follicle. “I tell my patients to shave the day before the treatment to provide just enough pigment for the laser to detect and target,” says Bowe.

BEARDED LADY

“I was driving car-pool with a bunch of first graders, and my 5-year-old son suddenly exclaimed, ‘Mommy has a beard!’ Mortifying. If I shave my peach fuzz, will it grow back thicker?” —B.J., New York

► **EXPERT ADVICE** “It’s a myth that shaving makes hair grow in thicker,” says Bowe, who recommends lathering up your face with a moisturizing shave gel, then gently drawing the blade downward on your face, in the direction of hair growth. “If you shave this way, hair grows back with tapered, soft ends that are less noticeable,” she adds. But no matter how you do it, you’ll still see

stubble within a day or two. You can buy a little more time with a depilatory cream, which dissolves hair on the surface of the skin and slightly underneath the pore. “Just do a patch test on a small area of skin first to make sure you’re not allergic to the chemicals in the formula,” Bowe recommends. A longer-lasting alternative is to have it waxed off. (Lasers don’t work as well on fine facial hair.) “Your aesthetician should use a hard, stripless wax on the face,” says Alexandra Del Gaudio, an aesthetician at the Stark Waxing Studio in Los Angeles. “It adheres just to hair, not skin, so you avoid that stinging, ripping Band-Aid effect.”

BROW, BEATEN

“I got an ingrown eyebrow hair that looked like a big zit. What gives?”

—J.W., Union City, NJ

► **EXPERT ADVICE** You may have been plucking with dull tweezers, says Manana, senior eyebrow specialist at Frédéric Fekkai Salon in New York. They don’t grip the hair as tightly, so it can break off close to the skin and grow back into the follicle. This also sometimes happens if you try plucking a hair that’s too short. “It needs to be long enough so that you can pull it out entirely by the root,” she says. Next time, tweeze after showering: “The steam softens hair, so it pulls out effortlessly.” ■



TRUE BEAUTY

SUMMERPROOF YOUR HAIR, SKIN, AND NAILS

Who's a hot mess? Not you, with 13 easy, expert-approved strategies.

BY KAYLEIGH DONAHUE HODES

Days are bright, nights are warm, everything's blooming—and your skin, hair, fingers, and toes couldn't be grumpier about it. What gives? For all its pleasures, summer can come with sun damage, frizz, brittle nails, and so much more. But don't sweat it. Our diagrams put you under the microscope, showing why your looks go wrong so you can turn things around.



fend off frizz

Think of your hair's cuticle layer as a shingled roof: When the "shingles" lie flat, strands look shiny and smooth. When it's humid, excess moisture from the air seeps into hair, causing those little shingles to flare and your hair to look fuzzy. Antifrizz serums and sprays contain silicones or natural oils that "smooth the cuticle, blocking humidity," says Paradi Mirmirani, M.D., an assistant clinical professor of dermatology at the University of California, San Francisco. Smooth one like **Zero Frizz Keratin Corrective Hair Serum** (\$8, drugstore.com) onto wet hair daily before styling or as a touch-up on dry hair.

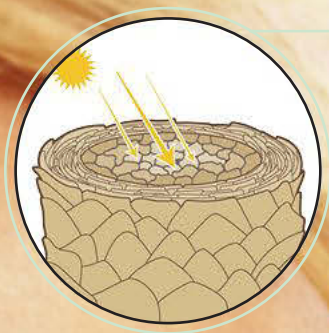
HAIR

brush or hacksaw?

Please tell us you're not brushing through your drenched hair after swimming. "Wet hair is more fragile, because the hydrogen bonds that make it strong are broken down when it comes in contact with water," says Mirmirani. "Running a brush through snarls can break already weakened strands." Instead, stash a wide-tooth comb in your beach bag and, holding your hair together midshaft, gently comb through it, starting at the ends and inching your way up.

try these strand-saving styles

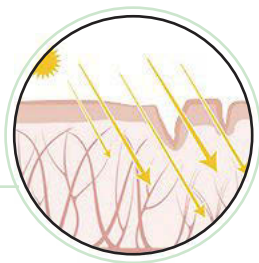
Raise your hand if you throw your hair into a ponytail almost every day from May through August. Sure, it's easy, but that little elastic puts a lot of pressure on your strands and can actually cause them to snap. That's why Mirmirani stresses the importance of switching up your styling routine regularly. Try buns that don't require elastics; lower, looser ponies; and braids.



color guard

Individual hairs look like fiber-optic cables. The inner cortex is made up of a bundle of thin fibers wrapped together by the outer cuticle layer, says Mirmirani. The melanin that gives hair its color is in the cortex; over time, UV rays penetrate and break it down. "Whether you dye your hair or not, this can make it brassy," says celebrity colorist Rita Hazan. "It can either take on a reddish or orange hue or become blonder and more yellow." If you like your color as is, use styling products daily that contain UV filters, such as **Garnier Fructis UV Color Shield Aerosol Anti-Humidity Hair Spray** (\$4, drugstores).

SKIN



wrinkles in the forecast?

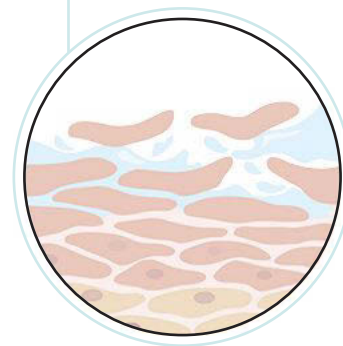
Sun damage causes creases, and UV rays are most intense in summer because the earth's axis is tilted toward the sun. (How much more intense? The UV index can hover at around 0 to 1 in the winter, then spike to 7, 8, even 10 by August.) UVA rays penetrate into the second layer of the skin, called the dermis, where a fence-like framework of collagen and elastin fibers keeps things firm and taut. Over time, radiation from the sun destroys these cells, leading to wrinkles and sagging. Slather on a broad-spectrum sunscreen like **Neutrogena Ultra Sheer Dry-Touch Sunscreen Broad Spectrum SPF 30** (\$9.50, drug-stores) every morning. At night you can use a collagen-building retinoid such as **Skin-Ceuticals Retinol 1.0** (\$70, skinceuticals.com), says Gary Goldenberg, M.D., assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York.

air-conditioning: so not cool for your skin

It takes the edge off during a heat wave, but blasting your A/C may not be doing your skin any favors. The low humidity in air-conditioned rooms can dry you out, says Amy B. Lewis, M.D., a clinical assistant professor of dermatology at the Yale School of Medicine. Keep a moisturizer with ceramides, like **AmLactin Cerapeutic Restoring Body Lotion** (\$19, drugstores), nearby to rehydrate. Also, a study published in the journal *Contact Dermatitis* showed that fibers emitted by air conditioner filters can cause skin irritation. "They settle onto surfaces like dust, and when people came into contact with them, they got a rash," Lewis says. "The longer you wait to clean your unit, the greater the chances for irritation." Replace filters every month or two in summer, and have your system professionally cleaned once a season.

well, hello there, dryness

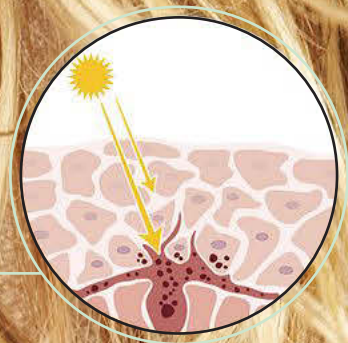
Healthy skin has a protective top layer that resembles a brick wall. The "bricks" are dead cells, and the "mortar" is a mix of oils and fats that keep this barrier intact so it can seal moisture in and shut out potential irritants, says Goldenberg. Swimming in salt water or a chlorinated pool washes away some of this mortar, causing tiny breaks that let moisture within the skin slip away, he says. He recommends rinsing off pool or ocean water after your swim and applying moisturizer, or a moisturizing sunscreen like **Aveeno Protect + Hydrate Lotion Sunscreen with Broad Spectrum SPF 30** (\$10, drugstores), to reinforce skin's natural barrier.



more pollution = more lines

Oppressive humidity keeps pollution stagnant in the air, where it's more likely to interact with your skin, says Heidi Waldorf, M.D., an associate clinical professor of dermatology at the Icahn School of Medicine. "Pollution creates free radicals that damage collagen and elastin, leading to wrinkles," she says. More dirt and grime in the air can also add up to clogged pores. If you live in a city, be sure to wash your face after being outdoors for a while, and use a serum with antioxidants, such as **e.l.f. Skincare Soothing Serum** (\$12, elfcosmetics.com), to diffuse those free radical bombs.

Easygoing days don't mean you can let go of your skin-care routine. Keep up with sunscreen and antiagers!



see spots come

The sun is also to blame for age spots, because UV rays get through your skin's top layer and send the cells that produce pigment (they're called melanocytes) into overdrive. All that extra pigment gets shuttled to the top layer of your skin, and voilà: brown spots. Sunscreen is a "duh" preventer and treatment. "If you're in your twenties or thirties, protecting skin with SPF can help dark patches fade over time," says Waldorf. A more aggressive Rx: "Try creams with retinoids and alpha hydroxy acids to increase cell turnover," she says. We like **Paula's Choice Resist Triple-Action Dark Spot Eraser 7% AHA Lotion** (\$25, paulaschoice.com). >

HANDS & FEET

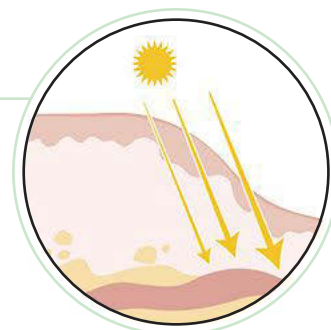
hydrate to your fingertips

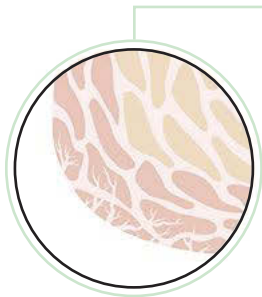
Salt water and chlorine can dry out cuticles, the little flaps of skin around your nails that protect them. The cuticle can then separate from the nail, opening up your tips to bacteria, says Dana Stern, M.D., a dermatologist and nail expert in New York. Use a cuticle balm or oil, like **Dr. Hauschka Neem Nail & Cuticle Oil Pen** (\$19, Whole Foods Market), regularly. Or break out your hand cream whenever you remember.

You might think winter is hand cream season, but that tube should have a permanent place on your desk and bathroom counter. And don't forget to smooth on SPF, too.

protect your hands

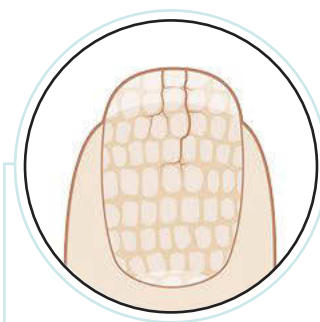
There's a layer of fat just under the dermis that also helps to keep skin plump; one study showed that UV exposure may actually shrink these fat cells. This ages your hands by causing your skin to slacken and your veins to show through, says Goldenberg. Make sure to swipe your sunscreen onto the backs of your hands along with applying it to your face and the rest of your body.





crack down on cracks

Those strappy sandals and flip-flops look pretty, but they're hell on your feet. "Open-backed shoes tend to put more pressure on our heels, so the outer layer of skin thickens with more dead cells," says podiatrist Megan Leahy, D.P.M., of the Illinois Bone & Joint Institute in Chicago. That thick skin isn't as stretchy, so it cracks easily. Rub a pumice stone or foot file over the area three times a week to remove dead skin buildup. Then apply a moisturizer with lactic acid or urea, like **Curel Foot Therapy Cream** (\$6, drugstores), to soften the skin even more.



nails don't love the water

"Nails are like sponges, constantly expanding and contracting when they're wet and dry," says Stern. "All that swelling and shrinking pulls the cells apart, causing cracks and brittleness." This can also make your polish chip off more easily. Use a protein-rich nail hardener like **Deborah Lippmann Hard Rock Nail Strengthening Base and Top Coat** (\$20, Sephora) to strengthen nails and fight cracks. And swipe on a top coat to protect your polish. OK, now you're ready to get out there and enjoy your prettiest season yet! ■



Beauty Updates, Fixes & Finds



From left: Katherine Cosmetics K-Sport Lip Protection Gloss in Swing (\$24, katherinecosmetics.com), Jouer Lip Sheer in Tulum (\$24, Nordstrom), Sonia Kashuk Satin Luxe Lip Colour in Peachy Pink (\$10, Target).

Give Lips Some Colorful Coverage

With almost no melanin, the skin on your lips needs a lot of sun protection. So we're happy that many richly tinted balms, glosses, and lipsticks are now packing serious sunscreen. See our top picks, above, all with at least SPF 15 built right into the formula.

Brush Shadow Here to Open Up Your Eyes

Attention, exhausted women: This tip from makeup artist Ramy Gafni, author of *How to Fake Real Beauty*, defeats droopiness. Apply a taupe or gray eye shadow to your eyelids from the outer corners of your eyes to just before your pupils. Blend to create darkness in the area, which will visually lift your lids.

HOW TO



Their tiny eggs exfoliate and hydrate.



Why Fish Eggs Are Food for Your Face

New research is kicking off a sea change in skin care: Serums and creams with hydrolyzed roe faded brown spots and plumped up fine lines with less irritation than low-dose glycolic acid, according to the American Academy for Anti-Aging Medicine. The ingredient contains an enzyme that dissolves dead skin and rehydrates for smoothness without the sting. Reach for **Restorsea Revitalizing Eye Cream** (\$85, restorsea.com, left) or **Perricone MD Blue Plasma Cleansing Treatment** (\$39, perriconemd.com).

Your New Dead-of-Summer Moisturizer

You should moisturize even in humid, sweaty weather, says Mona Gohara, M.D., an associate clinical professor of dermatology at Yale School of Medicine, because a layer of cream on your skin helps keep hydration locked in. No need to smother your face with something goopy, though. Use an emulsion: With a toner-meets-serum consistency, it rehydrates in the lightest way possible. Smooth on one of these after cleansing: **Benefit Triple Performing Facial Emulsion** (\$32, benefitcosmetics.com) or **La Roche-Posay Toleriane Fluide** (\$30, drugstores).

Show Off Those Legs!

Varicose veins are notoriously tough to treat, but a newly approved procedure called VenaSeal aims to change that. Docs inject an adhesive into veins to seal the weakened valves that allow blood to flow backward and cause bulges. Unlike lasers and surgery that involve heat or cutting, this treatment won't cause as much bruising, and there's virtually no downtime. But cost is steep—it averaged \$6,000 per leg overseas.

 This test paper demonstrates the Dove difference.



Soap can weaken proteins in your skin



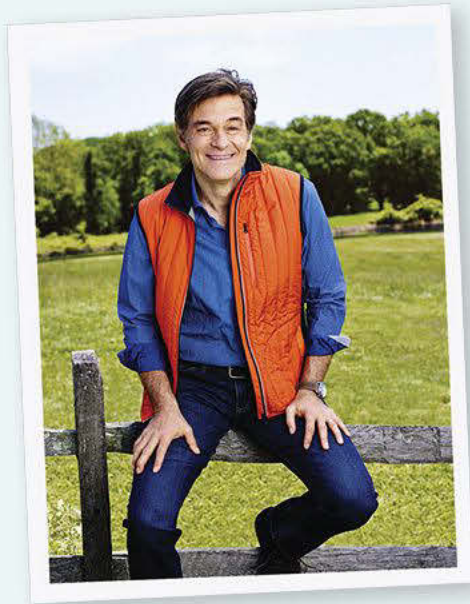
Dove is different

This test paper represents proteins found in skin. After just 90 seconds of direct contact with soap, the proteins are weakened. With $\frac{1}{4}$ moisturizing cream and mild cleansers, Dove helps your skin maintain its own natural moisture.

Visit facebook.com/dove for exclusive offers.



PROMOTION



DR.OZ
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Wellness
Getaway

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Grand prize package includes:

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Runner-up prize:

One runner-up will receive a gift bag which includes a Canyon Ranch cookbook, branded jacket, hat, water bottle, body balm and more!



CANYONRANCH®

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NO PURCHASE NECESSARY TO ENTER. Canyon Ranch Getaway Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning 5/20/2015 at 12:01 AM (ET) through 8/31/2015 at 11:59 PM (ET), go to <http://www.doctorozmag.com/canyonranch> on a computer or wireless device and complete the entry form pursuant to the on-screen instructions. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. One (1) Grand Prize winner will win a four (4) night trip for two (2) people to Canyon Ranch destination resort in Tucson, Arizona or Lenox, Massachusetts (ARV: \$10,712). One (1) runner-up winner will win a gift-package comprised of Canyon Ranch products and apparel (ARV: \$335). Total ARV for all prizes awarded: \$11,047. Must have reached the age of 18 or older and be a legal resident of the forty-eight contiguous states (excluding Alaska and Hawaii) at the time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at <http://www.doctorozmag.com/canyonranch>.



GOOD EATING

50 Best Summer Eats

WHOLE WHEAT
SPAGHETTI WITH
LEMON AND MINT
Recipe, page 73

Whatever warm-weather fave you crave, we've got you covered, from awesome iced teas to superfood slaws and impress 'em dinners, hot off the grill.

RECIPES DEVELOPED BY SUSAN SPUNGEN AND CHRISTINE ALBAÑO
PHOTOGRAPHED BY CHRISTOPHER TESTANI
ILLUSTRATIONS AND LETTERING BY HOLLY WALES

Grill It, Oz-Style

Fill your next backyard dinner with power plates. Good-for-you sauces and dressings are on the menu, plus great grilled mains—chicken, salmon, and crazy-delish veggies.

Miso-Glazed Eggplant

SO EASY
Pomegranate
juice + olive
oil = delicious
drizzle.

Grilled Chicken in Swiss Chard with Pomegranate Syrup

Grilled Salmon with Blueberry Salsa

Prep 20 min (plus soaking time)
Cook 6 min **Serves 4**

FOR THE SALSA

- 1 (6-oz) package blueberries
- 1 Tbsp minced jalapeño, seeds removed
- Finely grated zest and juice of 1 lime
- 3 scallions, thinly sliced
- 8 basil leaves, thinly sliced (about 1 Tbsp)
- ½ tsp coarse salt
- 1 Tbsp vegetable oil

FOR THE SALMON

- 1½ lb skinless salmon, cut into 1½-inch chunks
- 2 tsp olive oil, plus more for grilling
- ¼ tsp coarse salt
- Pepper

SOAK 4 (10-inch) wooden skewers in water for at least 30 min. Meanwhile, lightly crush blueberries a handful at a time, using the side of a large knife. Combine with the rest of salsa ingredients and let stand.

DRIZZLE fish with olive oil and season with salt, plus pepper to taste. Thread onto skewers.

HEAT a grill or grill pan to high and oil the grates. Grill salmon, flipping once, until nicely marked, 2 to 3 min per side for medium. Serve with blueberry salsa.

250 cal, 11 g fat (2 g saturated), 29 g protein, 8 g carb, 5 g sugar, 1 g fiber, 432 mg sodium, 66 mg cholesterol **per serving**



STAR SALSA
It's perfect with chicken, too.

FOOD STYLING BY CHRISTINE ALBANO. PROP STYLING BY CARLA GONZALEZ-HART. ADDITIONAL RECIPE IDEAS BY LORI POWELL



taste test Veggie Burgers

If you're going plant-based at the grill, you've got more choices than ever. The trick to finding the healthiest and most flavorful? The ingredients should be mostly foods you recognize, not artificial add-ins.

BEST VEGGIE PAYOFF

► **Dr. Praeger's Sensible Foods California Veggie Burger**

Bright, colorful veggies, and lots of 'em, including carrots, spinach, and red peppers, are the stand-outs in this patty. 110 cal (\$4-\$5, drpraegers.com for stores)

BEST USE OF WHOLE GRAINS

► **Hilary's Eat Well World's Best Veggie Burger**

Almost every ingredient sounds like actual food. Yay! But the slightly nutty flavor of the quinoa and millet is the real winner. 210 cal (\$4, hilaryseatwell.com for stores)

BEST BURGER LOOK-ALIKE

► **Amy's Bistro Veggie Burger**

One of the heftier burgers in the mix, this patty closely resembles the real thing—and the hearty texture makes it particularly satisfying. 110 cal (\$7, amys.com for stores)

Miso-Glazed Eggplant

Prep 20 min — Cook 14 min **Serves 4**
Find miso at health food stores and Asian-food markets, and mirin in the Asian-ingredients section of the supermarket.

FOR THE EGGPLANT

- ¼ cup white miso
- 1 Tbsp low-sodium soy sauce
- 1 Tbsp mirin
- 1 Tbsp honey
- Pinch of red pepper flakes
- 1 tsp toasted sesame oil
- 1 Tbsp water
- 4 baby eggplants (7- to 10-oz each), halved lengthwise
- 1½ Tbsp olive oil
- ½ tsp coarse salt
- Black pepper
- 4 scallions, thinly sliced

FOR THE SALAD

- 1 (5-oz) container baby spinach
- 2 tsp toasted sesame oil
- 1 tsp rice wine vinegar
- Pinch of coarse salt
- Sesame seeds and sliced scallion (optional)

MICROWAVE miso, soy sauce, mirin, honey, red pepper flakes, sesame oil, and water for 30 sec, then stir until smooth.

HEAT a grill or grill pan to medium-high. Score eggplant flesh about ½ inch deep in a cross-hatch pattern. Brush with olive oil, and season with the salt, plus black pepper to taste. Grill, flesh sides down, until browned, 5 to 7 min. Turn, brush with all of the glaze, and grill, covered, until caramelized, 5 to 7 min more.

TOSS spinach with oil, vinegar, salt, sesame seeds, and scallion. Sprinkle eggplant with scallion.

220 cal, 9 g fat (1 g saturated), 6 g protein, 29 g carb, 18 g sugar, 7 g fiber, 913 mg sodium, 0 mg cholesterol **per serving**

Grilled Chicken in Swiss Chard with Pomegranate Syrup

Prep 10 min — Cook 25 min **Serves 4**

- 1 cup 100% pomegranate juice
- 1 Tbsp plus 2 tsp olive oil, plus more for brushing
- 4 large Swiss chard leaves
- 4 boneless, skinless chicken breasts (about 1¼ lb)
- ½ tsp coarse salt
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- Pepper

BRING juice to a boil in a small saucepan, and simmer until reduced to about 2 Tbsp, about 10 min. Transfer to a bowl and let cool. Whisk in 1 Tbsp oil.

BRING a pot of water to a boil. Cut large center stems from chard. Cook leaves 10 sec to soften, then quickly rinse with cold water. Spread flat and pat dry.

COAT chicken with 2 tsp oil, and season with salt, cumin, and coriander, plus pepper to taste. Wrap each chicken piece in a leaf, using oil to help adhere.

HEAT a grill or grill pan to medium-high, and oil grates. Grill chicken, turning once, until cooked through, 5 to 8 min per side. Slice and serve drizzled with pomegranate syrup.

250 cal, 10 g fat (2 g saturated), 29 g protein, 9 g carb, 9 g sugar, 0 g fiber, 346 mg sodium, 78 mg cholesterol **per serving**

Build a Super Slaw

Pick a veggie base, choose your mix-ins, and toss with a classic—or deliciously surprising—dressing. These combos will get you started.

2

HONEY-MUSTARD YOGURT DRESSING

Broccoli + Carrots + Apple + Peanuts

kick up corn on the cob

Those kernels are surprisingly high in fiber, so munch cooked cobs with any of these toppers.

► **CARIBBEAN-STYLE** Olive Oil mixed with Jerk Seasoning + Chopped Scallion + Squeeze of Lime ► **OLD BAY-SPICED** Olive Oil mixed with Old Bay Seasoning + Squeeze of Lemon or Lime ► **PESTO** Basil or Cilantro Pesto + Parmesan ► **SMOKY HUMMUS** Hummus + Smoked Paprika + Toasted Almonds



Cabbage + Mango + Carrots + Jicama + Mint + Sesame Seeds



1

TAHINI-GARLIC DRESSING



Zucchini and Yellow Squash + Red Bell Pepper + Celery + Scallions + Almonds



3

RED WINE VINAIGRETTE



pick a base

Shredded Cabbage
(Green and/or Red)

Shredded Zucchini

Shredded Broccoli

choose your mix-ins

Carrots • Celery • Jicama •
Sugar Snap Peas •

Red Bell Pepper • Scallions
or Onion • Herbs (try
tarragon, parsley, mint,
cilantro) • Apple • Mango •
Nuts • Seeds

dress it up

1. Tahini-Garlic Dressing

Whisk together $\frac{1}{2}$ cup tahini (look for it in the condiments or international foods aisle), 7 Tbsp water, 2 minced cloves garlic, $\frac{1}{8}$ tsp cayenne (or more to taste),

$\frac{1}{2}$ tsp coarse salt,

1 Tbsp olive oil, and 1 tsp pure maple syrup.

2. Honey-Mustard Yogurt Dressing

Whisk together $\frac{3}{4}$ cup plain (2%) Greek yogurt, $\frac{1}{4}$ cup mayonnaise, 1 Tbsp olive oil, juice of $\frac{1}{2}$ lemon, 1 Tbsp Dijon mustard, 2 tsp honey, $\frac{1}{2}$ tsp coarse salt, pepper to taste, and a pinch of cayenne.

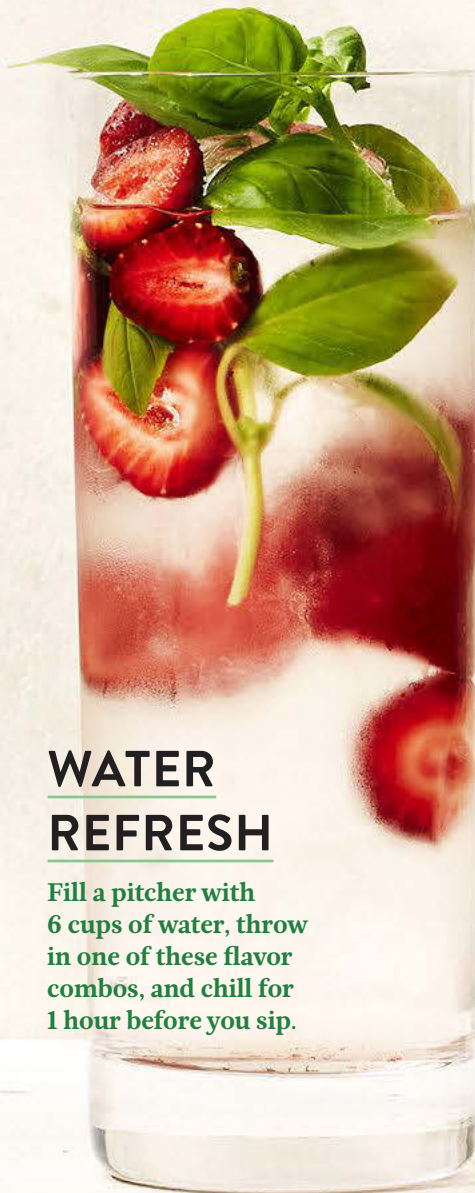
3. Red Wine Vinaigrette

Whisk together 1 minced medium shallot, 2 Tbsp Dijon mustard, $\frac{1}{3}$ cup red wine vinegar, juice of $\frac{1}{2}$ lemon, 1 tsp pure maple syrup, $\frac{1}{2}$ tsp coarse salt, and pepper to taste. Whisk in $\frac{3}{4}$ cup olive oil.

All dressings under 70 cal per Tbsp.

Tricked-out water, next-level iced teas, and dressed-up ice cubes
just made staying hydrated a whole lot more fun. So...

DRINK UP!



WATER REFRESH

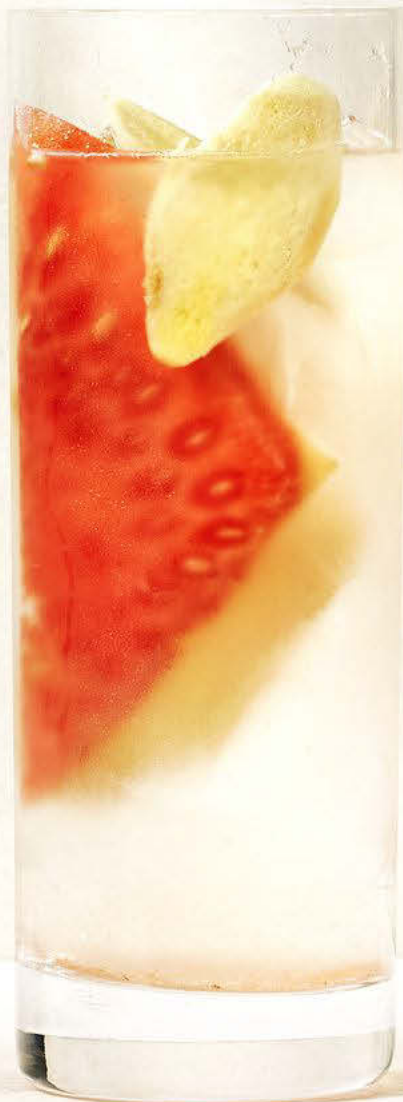
Fill a pitcher with
6 cups of water, throw
in one of these flavor
combos, and chill for
1 hour before you sip.

STRAWBERRY & BASIL

1 pint strawberries
(sliced)

+

a large handful of basil



WATERMELON & GINGER

1¾ cups chopped
seedless watermelon

+

one 3-inch piece of
ginger (peeled and cut
into thin strips)



PINK GRAPEFRUIT & TARRAGON

1 pink grapefruit
(cut into wedges)

+

4 sprigs tarragon

TEA 2.0

All recipes serve 4.



GREEN TEA LEMONADE

Steep 2 **green tea bags** and 3 sprigs **thyme** in 3 cups boiled water for 5 min. Discard bags. Stir in 2 Tbsp **honey**. Let cool. Stir in ¼ cup **lemon juice** and 3 cups cold water. Serve with ice, lemon, and thyme.



CHAI ICED TEA

Steep 3 **Chai tea bags** and 2 **cinnamon sticks** in 6 cups boiled water for 5 min. Discard bags. Stir in 1 Tbsp **honey**. Let cool. Froth ¼ cup 2% **milk**. Serve tea over ice with froth (or regular milk). Sprinkle with **cinnamon**.



MOROCCAN MINT TEA

Steep 3 **mint tea bags** in 6 cups boiled water for 5 min. Discard bags. Stir in 1½ Tbsp **honey**. Let cool. Crush a handful of **mint leaves** into each glass and top with ice and tea. Garnish with more mint.



INSTA-FLAVOR
Liven up plain water in seconds.

COLOR CODE
Thank tea for the pretty red.

COOL NEW CUBES

Fruit, herbs, citrus juice—it's a party in an ice tray. Add to bubbly water and you'll never crave soda.

(Or just pop fruit in the freezer!)

MINTED MELON

Prep 8 min + freezing time

Using a melon baller, drop 1 or 2 balls **honeydew melon** into each cube of an ice cube tray. Drop whole or cut **mint leaves** into each cube. Fill trays with water, and squeeze ½ **lime** over tray. Freeze overnight.

HIBISCUS RASPBERRY

Prep 5 min + freezing time

Brew **hibiscus tea** and let cool completely. Drop a few **raspberries** into each cube of an ice cube tray, then fill tray with tea. Freeze overnight.

FROZEN PINEAPPLE

Prep 1 min + freezing time

Spread chunks of **pineapple** on a parchment-lined baking sheet. Freeze until hard, about 1 hr.

Cook Less (or Not at All)

Sweating it out in a hot kitchen? Thanks, but no.
You've got these dishes at the ready, all low-cook or no-cook.



SAVE TIME
Use rotisserie
chicken in this
quinoa bowl.

Quinoa Bowl with Chicken and Cherries

Prep 20 min — Cook 20 min Serves 4

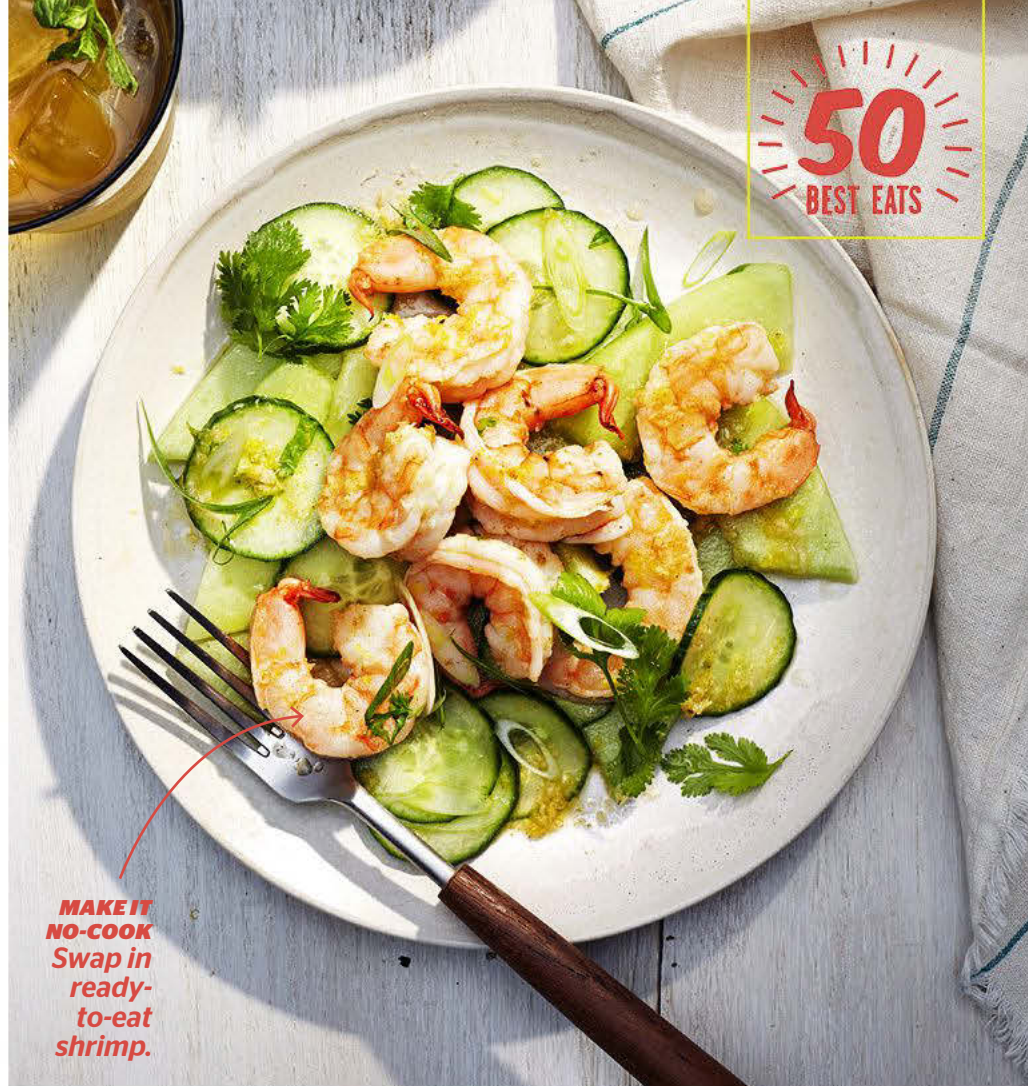
- 1 cup quinoa, rinsed
- 1 whole rotisserie chicken breast, meat shredded (3 cups), skin removed
- 1¼ cups sweet cherries, pitted and halved
- 2 cups watercress
- ½ cup crumbled goat cheese
- ¼ cup sliced almonds
- 3 scallions, thinly sliced
- ⅓ cup chopped mint
- ½ tsp coarse salt
- 2 Tbsp lemon juice
- 6 Tbsp extra-virgin olive oil
- Pepper

COOK quinoa according to package instructions. Let cool.

COMBINE quinoa, chicken, cherries, watercress, goat cheese, almonds, scallions, mint, and salt.

WHISK lemon juice with oil. Gently toss with quinoa mixture. Season with pepper to taste.

579 cal, 32 g fat (6 g saturated), 36 g protein, 39 g carb, 7 g sugar, 6 g fiber, 600 mg sodium, 91 mg cholesterol *per serving*



MAKE IT NO-COOK
Swap in ready-to-eat shrimp.

Ginger Shrimp with Melon and Cucumber

Prep 35 min — Cook 2 min Serves 4

- 1¼ lb frozen large shell-on shrimp, thawed
- 1½ tsp peeled, grated ginger
- ½ tsp ground coriander
- 1 tsp lemon zest plus 3 Tbsp lemon juice
- 2 tsp fish sauce (Asian-food aisle of supermarket)
- 1 Tbsp extra-virgin olive oil
- ¼ to ½ honeydew melon, cut into wedges and thinly sliced crosswise (3 cups)

- ½ cucumber, thinly sliced
- 2 large scallions, thinly sliced
- ½ cup chopped cilantro

BRING 2 quarts water to a boil. Add shrimp, and cook until pink and opaque, about 2 min. Drain, and rinse under cold water until cool. Peel and devein shrimp, then refrigerate.

WHISK ginger, coriander, lemon zest and juice, fish sauce, and oil. Gently toss ginger dressing with honeydew, cucumber, scallions, cilantro, and shrimp.

225 cal, 6 g fat (1 g saturated), 30 g protein, 14 g carb, 11 g sugar, 2 g fiber, 548 mg sodium, 229 mg cholesterol *per serving*

Whole Wheat Spaghetti with Lemon and Mint

(shown page 65)

Prep 15 min — Cook 10 min Serves 4

- 12 oz whole wheat spaghetti
- 1 Tbsp coarse salt, for pasta water
- 1 cup grated Parmesan

- 2 Tbsp lemon zest plus 1 Tbsp lemon juice
- ¼ tsp pepper
- 1½ cups baby arugula
- ½ cup chopped mint
- 1 Tbsp extra-virgin olive oil

COOK pasta in boiling salted water until al dente. While pasta cooks, combine ¾ cup Parmesan, the lemon zest and juice, and pepper.

DRAIN pasta, reserving 1 cup water. Add ½ cup pasta water to Parmesan mixture, whisking to melt cheese and create a sauce.

ADD pasta, arugula, mint, and oil. Toss to combine, adding more cooking water if pasta seems dry. Garnish with remaining ¼ cup cheese.

412 cal, 10 g fat (4 g saturated), 19 g protein, 67 g carb, 2 g sugar, 12 g fiber, 495 mg sodium, 17 mg cholesterol *per serving*

get your watermelon on

The healthy summer classic can go way beyond a simple slice.

► **WATERMELON + FETA + AVOCADO + LIME JUICE** = salad ► **WATERMELON + MINT + UNSWEETENED COCONUT FLAKES + PISTACHIOS** = breakfast ► **WATERMELON + PROSCIUTTO + PEACH + GOAT CHEESE** = fancy appetizer ► **FROZEN PUREED WATERMELON AND STRAWBERRIES + ORANGE JUICE + MINT** = sorbet



DR. OZ ON SMART SWAPS

A tablespoon of Greek yogurt has only about 10 cals to mayo's 90-plus. Lighten up summer sandwiches and salads by using mainly yogurt with just a tiny bit of mayo.

Crab Rolls with Yogurt and Chives

Prep 10 min [Serves 4](#)

Combine 2 Tbsp plain (2%) **Greek yogurt**, 1 Tbsp **mayonnaise**, 1 tsp **lemon juice**, 1 diced **celery stalk**, and 2 Tbsp minced **chives** in a bowl. Using a rubber spatula, gently fold in 12 oz fresh **jumbo lump crabmeat** (2½ cups). Season with a pinch of coarse salt and another one of **cayenne pepper**. Divide **butter lettuce** (or arugula) and the crabmeat among 4 **whole wheat hot dog buns**. Serve with **lemon wedges**.

264 cal, 6 g fat (1 g saturated), 23 g protein, 31 g carb, 4 g sugar, 4 g fiber, 682 mg sodium, 84 mg cholesterol per serving

play up peach season

Maximize those sweet, juicy wonders—they're only 60 cals or so apiece.

► **PEACHES + SLICED ALMONDS + CHOPPED DATES + ICE** = smoothie ► **PEACHES + LEMON JUICE + ARUGULA + PARMESAN + WHOLE-GRAIN PASTA** = pasta salad ► **PEACHES + LIME JUICE + SLICED JALAPEÑO + MINT** = salsa ► **PEACHES + HONEY + RICOTTA** = whole-grain toast topper

taste test

Chips

BEST VEGGIE

► **Terra Real Vegetable Chips Stripes & Blues, Sea Salt**

This colorful mix is made with blue potatoes, sweet potatoes, and striped beets—all vitamin-rich veggies. 140 cal per 1 oz (\$4, [terra chips.com](#) for stores)



BEST TORTILLA

► **Food Should Taste Good Cantina Tortilla Chips**

The chips' short ingredient list and 2 grams of fiber are nice; good corn taste and serious crunch seal the deal. 140 cal per 1 oz (\$5, [foodshouldtastegood.com](#))

BEST POTATO

► **Kettle Brand Potato Chips, Sea Salt**

Potato chips can offer a healthy hit of potassium, as long as they're not made from overly processed ingredients, says Ashley Koff, R.D. These kettle-cooked faves have an impressive 430 mg of the good-for-you mineral and a modest 115 mg of sodium. 150 cal per 1 oz (\$3, [kettlebrand.com](#) for stores)

VEGGIE LOVE
Just use a
peeler to make
the squash
ribbons.



Summer Squash Salad

Prep 25 min — Serves 4

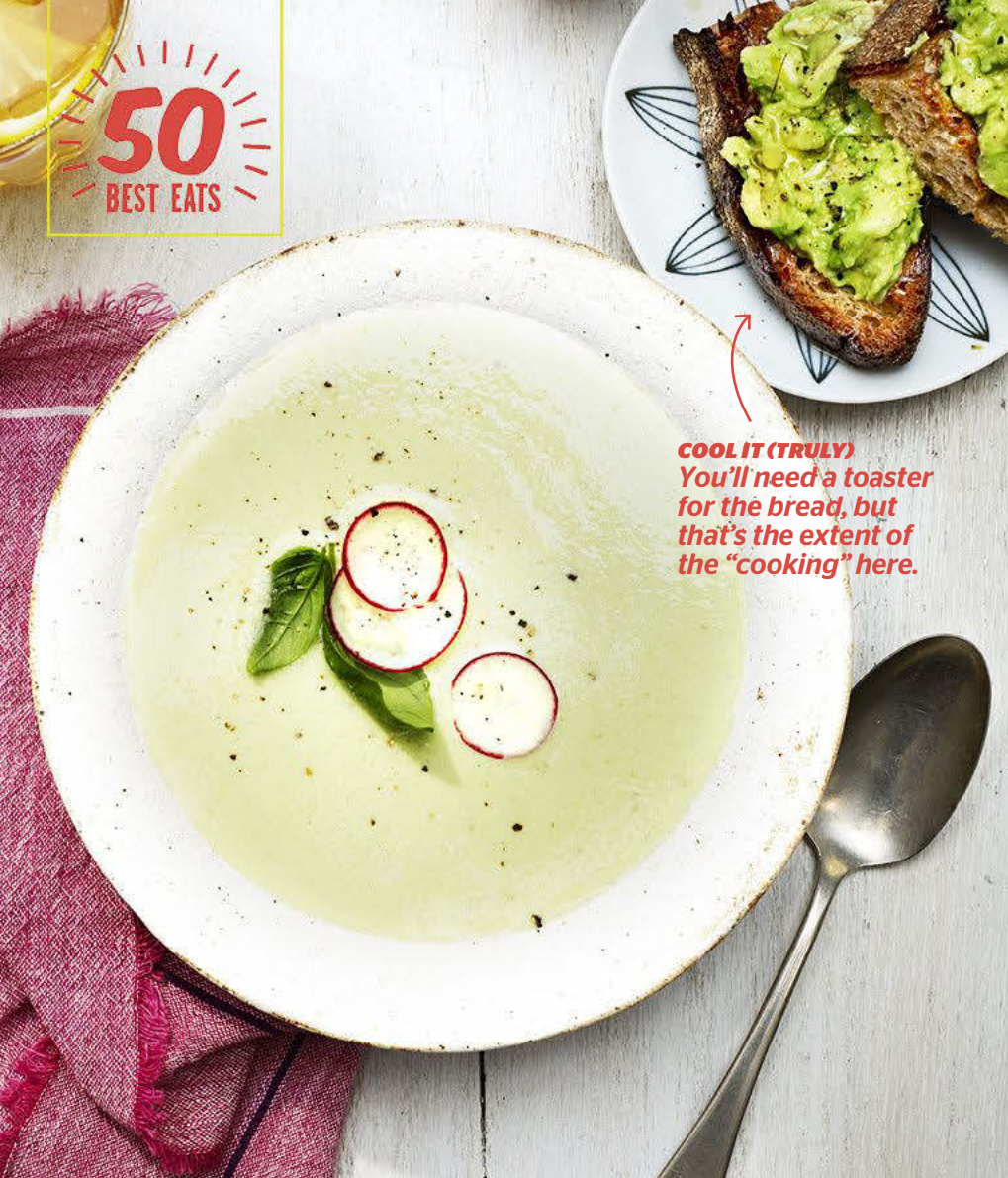
- 2 Tbsp lemon juice
- 1 tsp honey
- ¼ tsp coarse salt
- ¼ cup torn basil leaves
- ½ cup extra-virgin olive oil
- 4 summer squash (zucchini and yellow)
- 1½ cups cherry tomatoes, halved
- ¼ tsp red pepper flakes
- ¾ cup part-skim ricotta cheese
- Pepper

COMBINE lemon juice, honey, salt, and basil. Whisk in oil. Let stand for 20 min.

SLICE squash lengthwise into thin ribbons using a vegetable peeler.

Toss squash, tomatoes, and red pepper flakes with half of dressing. Divide among 4 plates and dollop with ricotta. Drizzle with remaining dressing. Season with pepper. Garnish with a little more basil.

366 cal, 32 g fat (6 g saturated), 8 g protein, 13 g carb, 8 g sugar, 3 g fiber, 173 mg sodium, 14 mg cholesterol per serving



COOL IT (TRULY)
You'll need a toaster
for the bread, but
that's the extent of
the "cooking" here.

Chilled Corn Soup

Prep 25 min plus chilling time **Serves 4**

Puree 4 cups **corn kernels** (cut from about 6 ears shucked corn), ½ cup **basil**, 4 chopped **scallions**, 1 chopped **garlic clove**, 1¼ cups **low-fat buttermilk**, and 1½ Tbsp **lime juice** in a blender until smooth. Strain mixture through a sieve into a bowl, pressing on solids. Discard solids. Stir in ½ tsp coarse salt, and refrigerate soup until cold, about 1 hr. Drizzle with **extra-virgin olive oil**, garnish with **basil** (and/or sliced **radish**), and serve with avocado toasts (right).

365 cal, 16 g fat (3 g saturated), 13 g protein, 50 g carb, 16 g sugar, 6 g fiber, 575 mg sodium, 5 mg cholesterol **per serving**

AVOCADO TOASTS

Mash 1 peeled and halved **avocado** with 1 tsp **lime juice**. Spread over 4 slices toasted **whole-grain bread**. Drizzle with **olive oil** and sprinkle with coarse salt.

switch up your tomato sidekicks

Basil and mozzarella? Love them. But why stop there? Introduce tomatoes to a few more decadent herb-and-cheese duos.

► **TOMATOES + RICOTTA SALATA + MINT** = salad ► **TOMATOES + GOAT CHEESE + TARRAGON** = pasta topping ► **CHERRY TOMATOES + RICOTTA + THYME** = bruschetta topping ► **TOMATOES + FETA + OREGANO** = bulgur salad mix-in

taste test Frozen Treats



BEST ICE POP

► Ruby Rocket's Veggie & Fruit Pops

The bright pops will appeal to the kid in you. That they're low in cals and sugar will make you feel like a responsible adult. 25 to 40 cal per pop (\$5, rubyrockets.com for stores)

BEST FROZEN FRUIT

► Dole Dippers, Strawberry or Banana

Bite-size sliced fruit, frozen in dark chocolate? Say no more. 60 (strawberry) or 100 (banana) cal per pack (\$4, dole.com for stores)

BEST SOFT-SERVE

► Chloe's Soft Serve Fruit

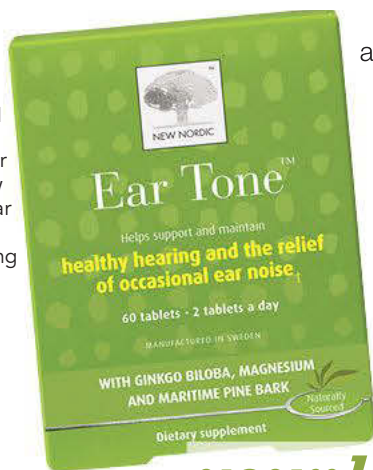
Just fruit, water, and a little sugar are churned through a soft-serve machine to make these pints and pops. 60 to 90 cal per serving (\$4-\$9, chloesfruit.com)

BEST SPLURGE

► Häagen-Dazs Vanilla Ice Cream

A small, full-fat treat can be more satisfying than a big, low-fat one. We love that this classic has only real-food ingredients. 250 cal per ½ cup (\$5, haagen-dazs.us for stores) ■

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BUTTERY EGG WHITE TOSTADAS

2 SERVINGS | PREP TIME: 10 MINS | COOK TIME: 10 MINS

- 2 tsp. **I Can't Believe It's Not Butter!® Light** Spread
- ½ cup red bell pepper
- ¾ cup finely chopped tomatoes, divided
- 1 Tbsp. chopped fresh cilantro
- 1 Tbsp. lime juice
- 4 egg whites
- 2 corn tortillas, toasted
- ¼ cup fat-free refried beans, heated
- 2 Tbsp. nonfat sour cream

Melt **I Can't Believe It's Not Butter!® Light** Spread in 10-inch nonstick skillet over medium heat and cook red pepper, stirring occasionally, 4 minutes or until tender.

Stir in ½ cup tomatoes, cilantro and lime juice and cook, stirring occasionally, 2 minutes or until liquid is absorbed. Stir in egg whites and cook, stirring frequently, 2 minutes or until cooked through.

Evenly spread tortillas with beans, then top with egg mixture, remaining ¼ cup tomatoes and sour cream.

Nutritional Information: 1 serving: Calories 170, Total Fat 3g, Saturated Fat 0.5g, Trans Fat 0g, Protein 13g

**SIMPLE
RECIPE**



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0% ARTIFICIAL
PRESERVATIVES.**



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*One serving (1 Tbsp.) contains 295mg of omega-3 ALA, which is 18% of the 1.6g daily value for ALA.

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Eat Like Dr. Oz at a... MEXICAN RESTAURANT

Mexican food doesn't have a slimming reputation. (Taco diet: not a thing.) But you can avoid a *¡Dios mío!* moment with my healthy picks.



Watch out for margaritas made from sugary mixes. One could sneak in hundreds of cals!

It's tasty, no doubt, but I'd skip this cheesy stuff. One order can pack in around 1,500 calories, not to mention lots of salt.

STARTERS

NACHOS

QUESO DIP

I love it! Avocados have healthy fats.

QUESADILLAS

CHIPS & GUACAMOLE

Share these with the table...and maybe the table next to you, too. At one popular restaurant, nachos weigh in at 1,900 cals—just about a *day's* worth.

A smart pick, thanks to built-in portion control: They come to the table divided. I stick to a wedge or two.

Grilled chicken or fish is usually a smart call. I ask for any sauce on the side and use just a little.

ENTRÉES

TACOS

(BEEF, CHICKEN, FISH, PORK)

BURRITOS

(BEEF, CHICKEN, PORK, VEGGIE)

My ordering trick? Nix the rice. It doesn't add flavor, and the tortilla has enough carbs on its own.

I like that these come with lots of peppers and onions. But don't feel as if you have to clean your plate: Too-big portions can drive up calories. (Besides, great leftovers!)

FAJITAS

(STEAK, CHICKEN, VEGGIE, SHRIMP)

These get my nod of approval. I swap out the usual white rice base for lettuce or brown rice.

ENCHILADAS

BURRITO BOWLS

CHICKEN MOLE

CHALUPAS

Chalupas are basically just tacos with fried shells. Have regular tacos instead.

TACO SALAD

Mole sauce is made with chiles, spices, seeds, and chocolate, so it's delicious and full of antioxidants. Pile on the veggie sides!

Salad sounds healthy, but the crispy shell it comes in really isn't. Order a bowl and you could save around 400 cal and 20 grams of fat.

SIDES

CHILI

TORTILLA SOUP

A cup of chili or this soup is a great choice in my book. They are both fairly low in calories and super-satisfying.

BEANS

(BLACK, PINTO, REFRIED)

Fiber and protein? Check and check. I'd go for regular black or pinto beans over the refried kind, which can add in extra fat.

SOUR CREAM, PICO DE GALLO

Sour cream actually isn't a diet demon, with about 25 cal per tablespoon. I keep it to two spoonfuls. Go ahead and load on pico de gallo—it's low in calories and made with fresh tomatoes.

DRINKS

SANGRIA

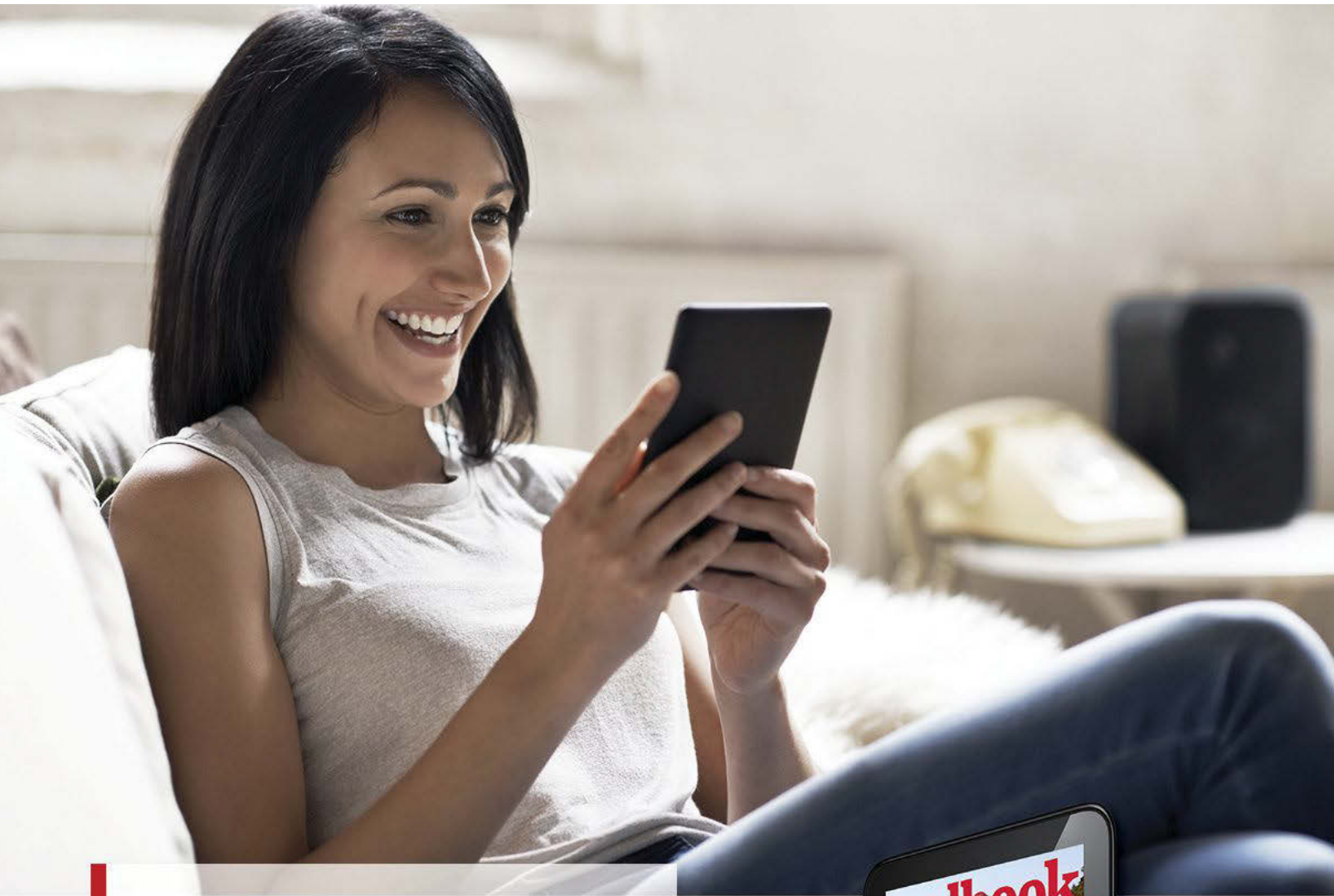
MARGARITA

Antioxidants never tasted so good. Have a glass, and definitely eat the chunks of fruit.

I love snacking on tortilla chips with guac or salsa before a meal. To save room for dinner, I stick to two handfuls of chips.

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Wheat Berries

(about 5.5 g fiber per $\frac{3}{4}$ cup cooked)

► **Side dish** Sauté any veggies you like in olive oil with garlic and/or onion, then toss with cooked wheat berries and herbs.

► **Tabbouleh** Mix cooked wheat berries, tomato, cucumber, red onion, feta, dill, lemon juice, and olive oil.



THE WORLD'S SIMPLEST SLIMDOWN

Just eat more fiber. Seriously. In a new study, people with a very high BMI (body mass index) dropped pounds without dieting, as long as they got 30 grams or more of fiber a day. Slip these all-stars into your favorite meals to move the scale in the right direction. (Pass the chia seeds!)



Flavor with lemon zest, and add to oatmeal.

Raspberries

(about 4 g fiber per $\frac{1}{2}$ cup)

► **Salad** Toss raspberries with cooked beets, arugula, almonds, and goat cheese. Sprinkle with chives, lemon juice, and olive oil.

► **Frozen yogurt pops** Mix 1 cup raspberries with $1\frac{3}{4}$ cups orange juice, $1\frac{1}{4}$ cups plain Greek yogurt, and 2 Tbsp honey. Freeze in 8 ice-pop molds.



Chia Seeds

(about 2.5 g fiber per Tbsp)

► **Pancakes** Add 1 Tbsp chia seeds to 2 cups whole wheat pancake batter.

► **Dressing** Soak 1 Tbsp chia seeds in

1 Tbsp water to plump. Stir into vinaigrette.

► **Pudding** Blend 2 bananas, 2 cups low-fat buttermilk, 2 tsp pure vanilla extract, and 6 Tbsp chia seeds in a food processor. Chill 1 hr. Top with maple syrup and unsweetened coconut flakes.



Top toast with cooked peas mashed with mint and lemon juice.

Peas

(about 4 g fiber per $\frac{1}{2}$ cup)

► **Pasta** Cook peas with diced shallot and prosciutto in olive oil. Toss with whole wheat pasta and Parmesan.

► **Hummus** Use equal parts cooked peas and chickpeas in your hummus recipe.



Canned Beans

(about 7 g fiber per $\frac{1}{2}$ cup)

► **Crostini** Cook white beans with garlic in olive oil. Mix with lemon juice and herbs, and spoon onto whole wheat baguette slices.

► **Bean dip** Pulse black beans in a food processor with plain yogurt, garlic, and 1 canned chipotle chili.

► **Salad** Toss black or pinto beans with corn kernels, red onion, pickled jalapeño, and scallion. Drizzle with cider vinegar and olive oil.

SHOPPING SMART FOR TOMATOES

Tomato season is here! And while the fresh, juicy beauties win out when it comes to certain key vitamins, raw isn't the only healthy game in town. Cooked tomato products are actually higher in lycopene, an antioxidant with cancer-fighting potential. We rank the goodness of tomato goodies here.

BY SALLY WADYKA

SUPER-HEALTHY

Cup for cup, these jarred salad and sandwich toppers have more than six times the lycopene of raw tomatoes. Heating and drying zap some vitamin C content, but great news: Even sun-drieds packed in oil are low in calories once drained—about 6 per piece.



Sun-Dried



Fresh Red Tomatoes

Flavorwise, they're hard to beat—and you luck out in the nutrition department, too. A cup of raw will net you about a third of your daily vitamin C needs while delivering about the same potassium (good for blood pressure) as a banana. Eating tomatoes along with fat helps you absorb lycopene, and since a large one is under 35 cal, there's room for a drizzle of olive oil and a slice of cheese.

► **Green, Yellow, Orange** Other shades lack the same lycopene supply, but all bring something nutritious to the party. Unripe, green tomatoes (of fried green fame) contain tomatine, a compound that may protect against certain cancers, plus around 70% more vitamin C than red. Yellow ones have a smidge more potassium than red; orange ones claim about twice the vitamin A.

WORLD'S EASIEST TOMATO SAUCE!

Heat 1 sliced **garlic clove** in 2 Tbsp **olive oil**. Add 1 pint **grape or cherry tomatoes** (cut in half) and ½ tsp coarse salt and cook until very soft. Toss with **whole wheat pasta**. Drizzle with 1 Tbsp more olive oil and sprinkle with **Parmesan**. **SERVES 4.**

One cup delivers loads of lycopene, more than five times what's in the same amount of raw tomatoes. But you can easily get a blast of sodium. One brand lists close to 1,000 mg per 70-calorie can, or about 40% of the daily max. (FYI: Tomato soup can pack a similar sodium wallop.) Stick with low-sodium varieties. ▼

Even sauces with meat or cheese might hover at only 100 cals per ½ cup. But pasta partners can be generous on sodium (look for no more than 360 mg per serving) as well as sugar (aim for 5 grams, tops). Inspired to make your own? Our simple spin, lower left, will get you started. ►



▲ The canned staple is low in cals and offers a bit of fiber. But tomatoes that lose their peel may also lose some nutrients: In one study, skinned tomatoes gave up an average of 71% of their lycopene and 50% of their beta-carotene, another potential cancer fighter.

▲ Cooking tomatoes down to a paste cranks up lycopene, so just one tablespoon can have about 20% more than a cup of raw. Look for pastes with simply tomatoes and maybe a touch of salt, then thicken sauces or soups with a spoonful or two.

▲ It's a condiment, not a veggie, folks. There's very little nutrition here, and many ketchups sneak in a dose of high-fructose corn syrup. If you love the stuff, dial it back to avoid adding more sugar to your plate than you bargained for.

Sources: Kristine Clark, Ph.D., R.D., director of sports nutrition, Penn State University; Joy Dubost, Ph.D., R.D., spokesperson for the Academy of Nutrition and Dietetics

WHAT **NOT** TO EAT AT THE STATE FAIR

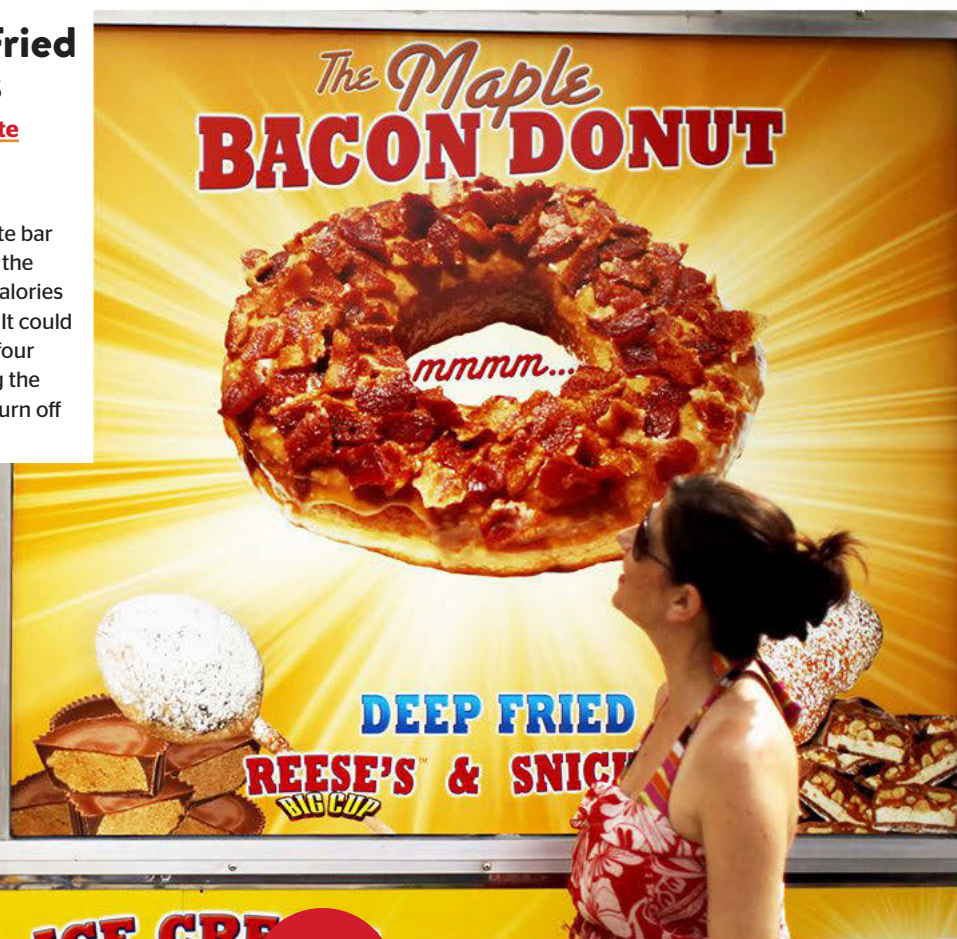


◀ Deep-Fried Snickers

calorie estimate

616

When a chocolate bar goes for a dip in the deep fryer, the calories have a field day. It could take more than four hours of walking the fairgrounds to burn off this "little treat."



Fried butter balls, anyone? Cheeseburger on a doughnut "bun"? How about a heart stent—stat?! State fairs and their deep-fried diet torpedoes have arrived in all of their greasy glory. Stand long enough in a crowd of folks eating food-on-a-stick and who wouldn't toss out their willpower? If it feels like resistance is futile, the calorie counts here will help us all step away from the funnel cake.

What the heck is this stuff?

calorie estimate

1,570

▶ Maple Bacon Funnel Cake

Bacon, icing, and sugar on top make this funnel cake a calorie-o-rama that could warrant about two hours of steady jogging to remedy. Yeah, you could gorge on this—or a pint-plus of Chubby Hubby.





**Seriously?
A deep-
fried drink?**

◀ Deep-Fried Lemonade

calorie estimate

500

Why, why, why? We'd puzzle over the need to deep-fry the sweet-tart summer drink, but we're too distracted by the sugar that's probably in this pastry concoction: 80 grams—or more than you'd get in six chocolate-frosted doughnuts.

calorie estimate

413

▶ Deep-Fried Butter Balls

Yes, that's "deep-fried" and "butter" in the same sentence. We expected the cals to be worse, but with the saturated fat here—plausibly topping a whole day's limit—we suggest running away from these fried balls of fat.



▲ Deep-Fried Breakfast

calorie estimate

1,000

Who's the evil genius who decided to dunk the most important meal of the day in the fryer? This pancake, meat, and cheese fest—which likely delivers more than double the saturated fat of a Big Mac—is *not* a smart start.

Bacon Turkey Leg ▶

calorie estimate

1,100+

You, too, turkey? The poultry's typically healthy rep fades fast when one portion is a full leg Henry VIII would order and it's bundled in strips of bacon. In total cals, you might as well inhale five corn dogs. For real.



◀ Doughnut Cheeseburger

calorie estimate

1,000+

We've got nothing against the occasional cheeseburger—or doughnut. But sorry, state fairs, we've gotta draw the line at combining them into one mega-meal that calorie-wise is on par with about four wedges of cheesecake. Ack!



DR. OZ PICKS BETTER FAIR FOOD

My advice: Have fun at the fair, but don't arrive hungry. Eat some "real" food beforehand, then stick with corn on the cob, a baked potato, a salad wrap—or even a beer (as long as it's not deep-fried!).



Food News You Need Now



KITCHEN ASSISTANT



It works in your fridge and on your counter!

Keep It Fresh

Discovering that half the fruits and veggies in your fridge have spoiled before you could eat them: worst feeling ever. To cut back on produce buyer's remorse, store them in an OXO GreenSaver. The container uses a carbon filter to keep healthy food fresh for days longer. (\$6–\$25, oxo.com)

Breakfast Upgrade

Not all granola is virtuous, but Purely Elizabeth's Ancient Grain Granola + Puffs Cereal deserves its health halo—and maybe a pair of angel wings, too. Available in four flavors, the cereal mixes yummy granola with millet puffs, so you can eat a big bowlful without going calorie crazy. (\$7, purelyelizabeth.com)



Hemp seeds and berries: A power breakfast

Listen Up!

You know the satisfying snap of a baby carrot when you bite it? Science says that noise could be key to how we experience its carrot-y goodness. A study led by University of Oxford psychologist Charles Spence, Ph.D., found that the sound food makes affects how it tastes to us. So if you're a chip fiend, crisp-roasted chickpeas are worth a shot. "Swapping one food for a similar-sounding one that's healthier could help nudge the mind into eating better," Spence says.

Budget Eats

A nutritious diet should keep you slim, not your wallet. That's why we're loving Leanne Brown's cookbook *Good and Cheap*. Her easy meal ideas fit a food-stamp budget (about \$4 a day per person) but spare nothing in flavor. On her shopping list: whole-grain wraps. "They help make the most of left-over chicken, veggies, chili, and more," she says.



Detox Meals You'll Actually Like

In a perfect world, detoxing might involve cheesecake and artichoke dip. Well, for food writer Megan Gilmore, it does; she healthifies all our favorite indulgences with her book, *Everyday Detox*. In a milk shake mood? Try hers, with Oz's blessing:

STRAWBERRY BASIL BLAST: Combine 1½ cups whole frozen strawberries, 1 cup almond milk, 1 Tbsp fresh minced basil, ¼ avocado, 3 soft Medjool dates, and 1 Tbsp lemon juice in a high-speed blender. Blend until smooth and creamy. Serve immediately. (Adapted from Megan Gilmore's *Everyday Detox*.)

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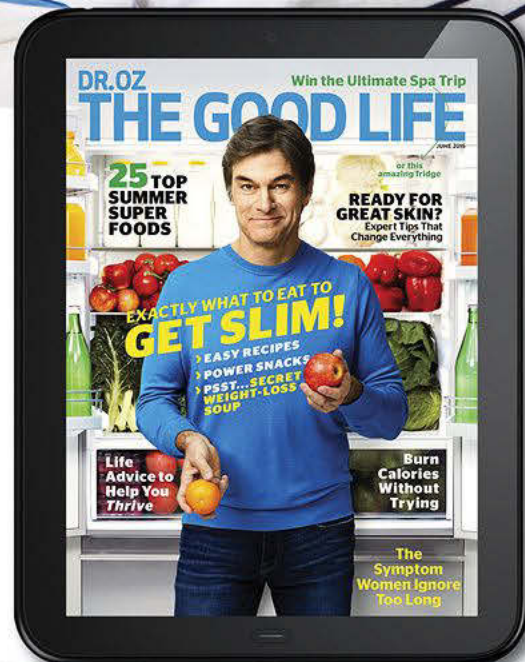
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INNER LIFE

A GIRL'S BEST
FRIEND

Research
shows that
women may
have a
stronger
bond with
cats than
men do.

THE CUTE CURE

Pets have heart-strengthening, blues-battling, body-slimming, and stress-calming superpowers. Get yourself some creature comfort, whether you spend your whole life with a menagerie or just five minutes on BuzzFeed with the world's funniest baby goat.

more cute,
next page

The joys of pet ownership may not be obvious when your 80-pound mutt nose-dives onto your bed at 6 A.M. on a Saturday because you gotta see that squirrel outside the window right this minute, or when you find yourself vacuuming up enough cat fur to knit an XL sweater.

But consider these small annoyances as a kind of co-pay toward your well-being. Scientists now confirm what animal lovers have sensed forever: Pets can make your life fuller, more vibrant, and undeniably healthier.

“Studying the animal-human bond used to be considered touchy-feely science,” says Edward Creagan, M.D., a professor of medical oncology at the Mayo Clinic School of Medicine in Rochester, MN, who often prescribes daily dog walks to his cancer patients who have pooches at home. “But now it’s in a whole different arena, because there’s rock-solid evidence showing how it improves health.” Consider the cardiac benefits alone: The American Heart Association says people who own any type of pet have better cholesterol levels, a lower risk of hypertension, and ultimately a lower rate of heart disease than those without critters.

So how do our furry, scaly, and feathered friends work their magic? Being active—just getting up to walk your dog—is a part of the equation, but there’s more to it than that. One study of people who owned cats (which, let’s be honest, are more likely to inspire a couch snooze than a brisk run) found that the subjects had a 40% lower risk of heart attack than people whose homes were kitty-free. The researchers theorized that the calming effect of snuggling with a furry friend protects your health by dialing down your body’s stress response, and the latest research is proving that this theory is right on the (wet, pink) nose. If you need a reason to spend more time with animals—your own pet, a friend’s rescue pup, or even the latest

Grumpy Cat video trending online—we’ve got four great ones.

The Hormone Phenomenon

If you could view a brain scan of a pet owner every time she coos, “Who’s a good doggie?” you’d see a fascinating rush of chemical activity. Studies show that when you hang with your pet, your brain releases the feel-good hormones oxytocin and prolactin (both integral to nurturing) as well as the neurotransmitters dopamine and phenylethylamine (which boost your mood). The burst of blissful chemicals is partly triggered by your tactile senses—stroking your dog’s fur, for example. But surprisingly, it’s also activated through eye contact.

A 2015 study in the journal *Science* found an oxytocin “loop” between pets and humans, and it’s similar to what happens when we kiss or hug a person we love. Researchers observed that when a dog looked at his master, canine oxytocin levels increased, causing him to stare extra adoringly. Then, as the human gazed back, she experienced her own oxytocin surge, which led to even more goo-goo eyes. “That happy hormone loop is basically the equivalent of a mother nursing a baby while eating a chocolate

bar,” says veterinarian Marty Becker, D.V.M., author of *The Healing Power of Pets* and a member of the Dr. Oz Medical Advisory Council.

Those chemicals do more than just give you warm fuzzies. They also curtail your body’s stress response, which is kicked off when your brain feels it’s under attack. Let’s say you’re midrant with



GO AHEAD, CLICK ON CRITTERS

What’s behind our addiction to videos of sneezing pandas and skateboarding dogs? “It’s not just the cute factor—that isn’t enough to make something go viral,” says Chelsea Marshall, animals editor for BuzzFeed.

It’s the happy, empathetic emotions these pics and videos evoke, says Pamela Rutledge, Ph.D., of the Media Psychology Program at Fielding Graduate University in Santa Barbara, CA. “Images that make us laugh or go ‘aww’ generate positive brain chemicals, including dopamine, endorphins, and oxytocin,” she says. (Yes, the same response as when we’re with a pet in real life.) “And research shows that feel-good content is contagious.” No wonder these guys are social media stars:

► GRUMPY CAT
7,600,000
Facebook likes



► BABY GOAT
1,650,000
video views



► MARNIE THE DOG
120,000
Instagram likes...
and counting!





INNER LIFE

**DOGS:
AMERICANS'
FAVORITE
PET**

Gazing into your pup's eyes releases oxytocin in your brain. That hormone chills you out and helps you bond with others.



DON'T HAVE A PET AT HOME?

A few easy ways to
get more critter time
in your life:

ANIMAL SHELTERS

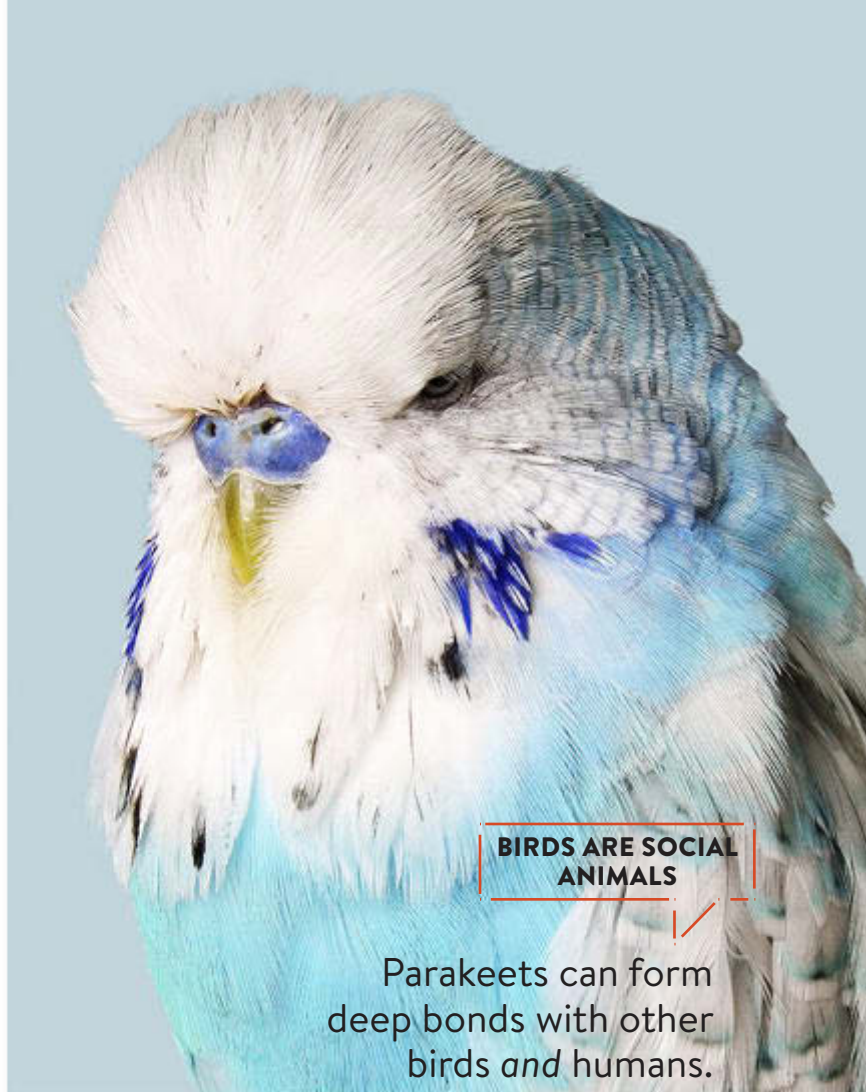
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need to be socialized
before adoption—check
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or aspca.org for local
opportunities.

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sheep, chickens, and
pigs. Find one in your
state at [sanctuary
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federation.org).

WALK A SENIOR'S PET

Take an elderly person's
pet for park time or vet
visits. Get paired up at
volunteermatch.org.



**BIRDS ARE SOCIAL
ANIMALS**

Parakeets can form
deep bonds with other
birds *and* humans.

your credit card company; your brain releases a cascade of stress hormones that, over the long run, can lead to weight gain, hypertension, and cardiovascular disease, explains Robert Matchock, Ph.D., an associate professor of psychology at Penn State, Altoona. But if you've been hanging with your pup beforehand? Those stress hormones won't surge so high.

While most of these studies have been done using dogs (they're better behaved in lab settings), experts agree that the mental and physical health boost can happen with any pet you love—potentially even more than with friends and family. In Matchock's re-

search, people who spent time with dogs before tackling a big task had a lower stress response than those who

hung out with their best friend, believe it or not. "It's not that people you love can't give you great support," says Matchock, "but we sometimes worry about what our friends think of our performance, whereas a pet's love is unconditional, whether we make a mistake or not." Becker says that no matter how much you love your sister or best friend, there will always be some emotional baggage knotted up

in your relationship—an unresolved fight from 10 years ago, a hint of jealousy over the other person's new car—

whereas a pet offers 100% adoration. Come home from work two hours later than you expected? Instead of pouting, he'll treat your return as if the Beatles were getting back together.

Paging Dr. Spot

Just a few years ago, the idea of letting a dog romp around a hospital would have brought looks of horror. (The germs! The noise!) But research about the healing power of pets has become so irrefutable that thousands of hospitals, nursing homes, and rehab facilities across the country now host pet therapy teams that visit patients regularly. One study found that postsurgery patients who spent time with a therapy dog requested 28% less pain medication than those who had visits only from nurses and relatives. "The animal takes your mind off the pain, which might otherwise be the only thing

**MOOD
BOOSTER**



**Even teeny
hamsters are
used in animal
therapy
programs.**

you have to focus on,” says lead researcher Julia Havey, M.S.N., of Loyola University Health System in Maywood, IL. She adds that even looking at an animal can make patients breathe more slowly and feel less tense, which reduces the perception of pain.

Certified therapy animals can perform tasks, like motivating a knee-replacement patient to get on his feet. Even guinea pigs have been trained to play with kids and elderly people, who may be overwhelmed by bigger animals.

Therapy animals have become so popular, in fact, that they’re spreading to places where perfectly healthy people simply need a dose of stress relief—and what could be more stressful than college finals? Kathleen Adamle, Ph.D., professor emeritus at Kent State University’s College of Nursing, launched the first Dogs on Campus Pet Therapy Program in the country 10 years ago, with five therapy dogs comforting frazzled freshman in the campus library. Her project has exploded (more than 77,000 Kent State students have taken part in the last decade), and therapy dogs now visit 400-plus U.S. colleges. University of Connecticut student Jake Teixeira, 20, says a few moments with a friendly dog helped him power through his tests last spring. “I would scratch the dog’s belly and let her lick my hand, and it was so relaxing. It also reminded me that when I finished my exams, I could go home and see my own dog!”

The Fetch Factor

While all creatures can help boost your health, dogs give their owners one big advantage: They need exercise, and they often rely on you to get it. Studies have shown that dog owners get more physical activity than nonowners, and other research has found that people without dogs are twice as likely to be overweight as those who walk their poodles daily.

It goes beyond needing to give dogs a pee break—they’re the world’s most enthusiastic workout partners. “It’s always more fun to exercise with a buddy,” vet Becker says. “But with humans, someone always drops out or begs off

My Dog Spotted My Cancer and Saved My Life

By Gina Kazimir, 50, Bel Air, MD, as told to Lambeth Hochwald
Last fall, I noticed that a mole on my forehead was looking a little darker and bigger. I didn’t think much of it; the spot had been there for a few years, and I get regular screenings. So I thought it was probably just more menopausal fun—that is, until my black Lab, Macy, started sniffing at it. The first time she sniffed the spot, she gave me what appeared to be a slightly concerned expression. Clearly, this mole seemed odd to her.

But about a week later, I noticed the mole looked like it was bleeding. That, coupled with Macy’s sniffing, got me to act fast. I scheduled the next available appointment with my dermatologist, who removed the mole and sent it for a biopsy.

At home, while I was waiting for the results, Macy kept sniffing at the site. The test came back positive: I had basal cell carcinoma, a common form of skin

cancer. The doctor had me come back in, and he removed significantly more tissue to make sure he’d gotten it all. While I was there, I told him about Macy’s behavior, and he said he’d heard similar stories about other people, too.

When I came home, Macy hopped onto the sofa next to me, sniffed the incision once, and lay down. I immediately felt comforted, and I was even more relieved when the lab report on the tissue they removed came back clean. Macy hasn’t sniffed my forehead since. I’m happy I had my own unique “Lab” test, and if she ever focuses on anything else on my body, you can bet that I’m going to have it looked at immediately!

TRUTH CHECK

► Can Dogs Really Sniff Out Cancer?

The first documented account of a cancer-sniffing dog was in a 1989 case study in the *Lancet*—and it sounded a lot like Kazimir’s. In this case, a woman’s dog began sniffing at a new spot on her thigh, even when she was wearing pants. This went on until the owner had the mole removed,

and a biopsy showed it was melanoma, the most deadly form of skin cancer.

But the idea that dogs could contribute to cancer detection didn’t grab the medical community’s attention until 2004, when a study found that dogs were able to detect bladder cancer in the urine samples of patients with the disease. Since then, research has accumulated, and some scientists believe that dogs can detect the odors of other cancers, too.

Cynthia Otto, D.V.M., Ph.D., of the Penn Vet Working Dog Center in Philadelphia, is one scientist who’s trying to learn what, exactly, dogs are smelling. Her lab’s canines are trained to sniff out ovarian cancer in white blood cell samples. “The dogs can detect the cancerous ones in 80% to 90% of all cases,” she says. “Eventually, we’d like to use the amazing biological ability of dogs to refine a new technology, like an electronic nose that can detect cancer.”

INNER LIFE

with a cold. A dog has no better offer—he'll keep nudging you until you get out there!" Even a tiny, pampered fluff ball can get you moving. "My two Pomeranians hate to walk, but they like to do yoga," says Shanna Olson, 36, of Los Angeles. (Yes, you read that right: yoga.) "I took a doggie yoga class and loved it, so I ordered a video and now I do gentle stretches with them twice a week."

Your Secret Social Weapon

Whether you use your pup as a date magnet or bond with another bird owner at Petco, animals help us build a support network—crucial for our health and rare in our "text you later" culture.

"People with pets are more extroverted, have higher self-esteem, and are more conscientious," says Allen McConnell, Ph.D., a professor of psychology at Miami University in Ohio, who studied the personality traits of pet owners and nonowners. While he concedes that outgoing people may be more likely to take in a critter in the first place, he says it's a two-way street, with the pet enhancing those qualities. "You might not approach a random stranger on the street to strike up a conversation, but if the person is walking a dog, there's a natural ice-breaker," he says.

When Audrey Bernstein, a 50-year-old jazz singer, uprooted her life in California and moved to Vermont a few years ago, she discovered that her pet rabbit, Blue, was rebooting her social life. "I took Blue with me everywhere, and people would come over to ask, 'Is that a puppy? Ooh, it's a bunny!'" she recalls. "One woman kept seeing me in town and said, 'I really have to meet this person.' She introduced me to her siblings, and now we're all friends."

Research also shows that pets can be a powerful buffer against depression; just thinking about your little buddy can shut down the physical and emotional effects of loneliness, for example. Rasheda Kamaria's emotional salvation came from a stray kitten she found wandering the streets outside her mom's house. "I had

recently lost my dad and was in a real 'woe is me' stage of life," says Kamaria, 36, from Detroit. "But when I took Domingo home, he gave me something to focus on outside of my own sadness. He has seen me at my best and worst and doesn't care—he is completely consistent in his love."

Admittedly, pets require more time, money, and energy than, say, drinking green tea. They chew up your new rug. They plop down on your keyboard when you're on deadline. They expect you to walk behind them like a servant, scooping up their royal poop. But in exchange, they never

ask "You're wearing *that*?" or come home from the mall with a nose ring and an attitude. They treat you like a celebrity, with the hyperenthusiastic, lasting love that's harder to come by in the human world. "People tell me they will never be able to give their pet as much as their pet gives them," says Becker. "You give him whatever time you can spare, and he gives you back endless amounts of affection in return." Bunny owner Bernstein agrees. "When I see Blue, I'm filled with crazy joy, and that radiates out to other people." Just look at that little guy. Do you feel it too? ■



Soldiers come home: Army Spc. Gwen Geberg (left) reunites with Ratchet, the border collie. Cpt. Mary Melfi (right) hugs her Lab, Glory, after returning from Iraq.



PETS ARE HOME FRONT HEROES

It's hard enough for soldiers on deployment to leave their four-legged loved ones behind—and even more so when they don't have someone to care for these pets while they're gone.

That's why Shawn and Alisa Johnson, a couple who serve in the U.S. Navy and U.S. Marine Corps, started Dogs on Deployment, a non-

profit that finds free temporary homes for service members' pets while they're away, defending the rest of us.

Hosts ease the separation by keeping in touch, for example, on Facebook, where the owners can see photos of their pooch.

"When I was in Jordan for six months, it was hard leaving my dog, Santiago," says

Samantha Garrido, who is currently stationed in Sumter, SC. "But the family who took him in loved him, spoiled him, and even taught him to swim. Knowing he was in such good hands made it easier for me to concentrate on my job."

Interested in housing a pet for a service member? Visit dogs.ondeployment.org. —Lambeth Hochwald



Protect your skin.
Protect your beauty.
Protect your life.
IT'S THAT WORTH IT.

Growing up in *Texas*, I didn't give *sun safety* much thought. Given my *Latina heritage*, my skin never burned and I assumed I wasn't at risk.

Today I know that sun exposure doesn't discriminate against *skin color* and can cause *dryness, brown spots, wrinkles,* and worst of all, *melanoma*— the deadliest form of skin cancer and one of the *most common* cancers among women under 40.

So *applying sunscreen* throughout the day is my *daily ritual*. And it should be yours, too.

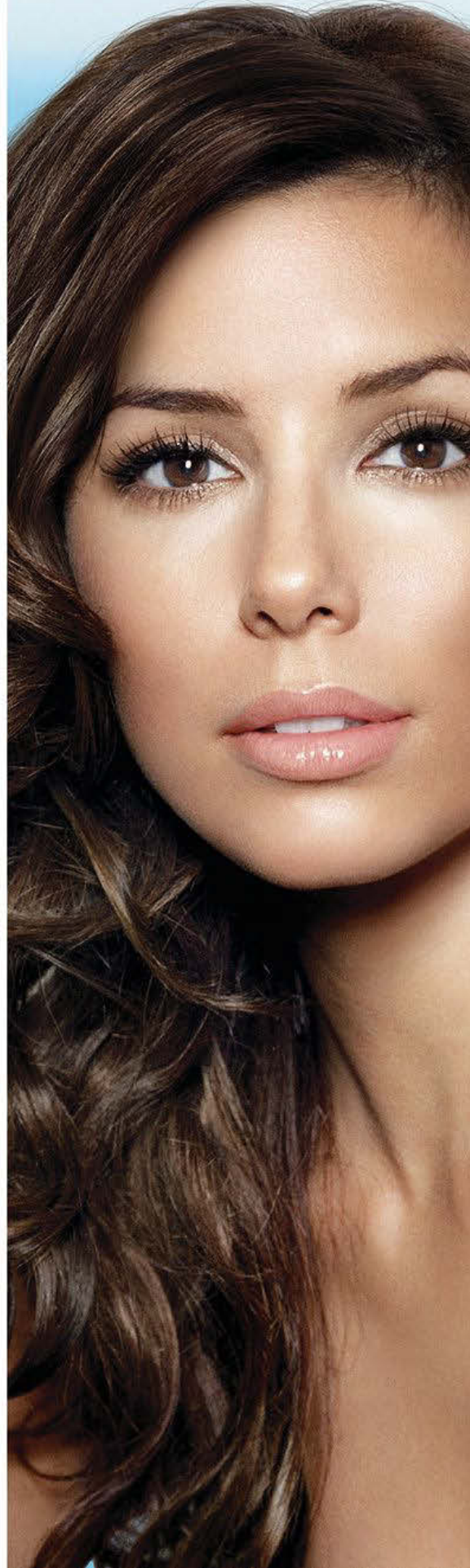
I also support the Melanoma Research Alliance — the leading funder of cutting-edge melanoma research. *With your help, a cure may be within reach.*

Learn about how you can *join me* in a nationwide movement to *prevent melanoma* and support life-saving research by visiting **itsthatworthit.org**. And remember to always wear your sunscreen!

— EVA LONGORIA

Melanoma
Research Alliance

itsthatworthit.org
#itsthatworthit



The author, illustrated Sarah, in the outfit she got brave enough to wear.



End Body Shame. Now. Forever.

Sarah Richards lost 50 pounds, but her body hang-ups hung on. She finally let them go (and debuted her dream jeans). So can you.

“Who wants it next?” my friend asks as he pulls his paddleboard to shore. We’re at a lakeside barbecue, and I’ve been aching to give it a try for hours—years, really. The only thing holding me back: I’d have to stand up on the thing in my new bikini with everyone watching me—and my rolls, wrinkles, and stretch marks.

Of course, at age 44, I know this is a ridiculous reason to shy away from a fun new activity. So

I waded in, climbed up, got the hang of it, and returned to shore victorious. Yet as I walk to my towel, aware that everyone is too busy chatting and Instagramming to care about my thighs, I still feel exposed, as if I’m parading my cellulite at eye level.

Despite losing 50 pounds a few years ago and trading in the one-pieces I used to wear, I struggle to accept the body flaws I can never fix—like the chin rolls that appeared overnight on my 40th birthday. In yoga class, I watch my arm flab wobble gently in Warrior 2 pose instead of focusing on my drishti gaze. On my endless quest for flattering white jeans, I doubt I’ll ever find a pair that doesn’t accentuate every lump and dimple. (Spanx don’t help, and flowy linen pants seem like a lousy consolation prize.)

I’m actually embarrassed about feeling embarrassed because it’s not cool to hate on yourself these days. We’re having a blessed cultural moment in which real bodies get respect. Nearly every month another celebrity speaks out against fat shaming (thank you, Mindy Kaling, Kelly Clarkson, and Pink). Ordinary ladies are making digital waves: Rachel Hollis, 32, a mother of three, got hundreds of thousands of click-kudos for



posting a bathing-suit selfie of her “permanently flabby” body. “Even the fashion industry is listening,” says Jennifer Berry, vice president of the casting agency Matchbook. “With the popularity of reality shows and YouTube, people want to see real women, not cookie-cutter models. There’s been a big shift.”

As some women get older, they may have an easier time celebrating their shape. In fact, research shows that self-esteem tends to peak at age 60. I love the attitude of San Francisco health care executive Anne Devereux-Mills, who says, “At 53, I still wear bikinis. They show my cancer scars, stretch marks from having children, and cellulite. And most of the time I feel proud and free from the need to be perfect.”

I, on the other hand, can’t help noticing things like the underarm spillage that has caused me to leave behind many a tank top in a dressing room. So how do you make peace with yourself? Some women get massages, take a striptease class, or learn belly dancing. Some flood their brains with feel-good affirmations. Mine might be: “You’re awesome. You make a mean Greek salad and always send thank-you notes. So would you stop worrying about how you look in white denim?”

Esther Gonzalez Freeman, 36, from Winston-Salem, NC, overcame her fear of revealing clothes by donning a clingy, sleeveless sundress for a wedding three years ago. “It was warm, so I went without shapewear. Scary, but passing out from heatstroke was scarier,” she says. “You could see my stretch marks and rolls, but I realized that worrying would take away from the joy of my dear friends’ wedding.” That baby step led to braver leaps: A year later, she starred in a local fashion show as a plus-size model.

Other women have to strip down completely to learn to love their shape. Kathy Gruver, 45, of Santa Barbara, CA, grew up as a dancer and struggled to accept her big hips. When a friend suggested posing nude for an art class, she thought, *What the heck?* “But one woman in the class said, ‘See where your waist meets your hip? It’s a beautiful curve—like where the mountains meet the sea,’” recalls Gruver. “I realized that there is art in my body.” Similarly, 56-year-old Temple Hayes, of St. Petersburg, FL, didn’t embrace her athletic form until she shed her clothes at a nudist camp. “I was captivated by the women’s comfort in showing their bodies—round, obese, skinny, and odd-looking,” she says. “That moment helped me start to celebrate my body and wear fitted clothing.”

I won’t go full-monty extreme, but all these stories inspire me to do some jeans shopping. I buy a pair one size too big so they’re a little loose in the thighs and butt, and I have the waist taken in. I wear them with a crisp white cotton shirt, a silver belt, wedges, and sunglasses—and I feel pretty fabulous.

In the dressing room that day, I study the wrinkles on my waist and feel a wave of pride, knowing they’re there because I’ve kept my weight off. Want to know why my underarms jiggle? They’re in contrast to my strong upper arms, toned during countless planks. When I see my physical quirks as rewards of hard work instead of mentally dissecting and dissing them, I’m able to join the self-acceptance set and be grateful for what my body can do—which, by the way, includes holding a Tree pose longer than my gymnast niece and climbing San Diego’s Cowles Mountain. Up there, I don’t have a single body-bashing thought. I’m too busy taking selfies at the summit. ■



Love-Your-Shape Words to Live By

- ▶ “When life throws you curves, embrace them.”
- ▶ “Don’t say anything about yourself that you wouldn’t say about your best friend.”
- ▶ “Beauty is a state of mind, not a state of body.”

GOOD TO GROW



Herbs are such generous plants: Easy to tend (some actually thrive with neglect) and gorgeous in the garden, they also work wonders in your kitchen and medicine cabinet.

What You'll Need Forget the fancy gardening gear; you'll do fine with these basics.



PLANTS

Herbs started from seed can take weeks to be ready to snip. So in summer, begin with seedlings.



CONTAINERS

Smaller pots (10- to 14-inch diameter) are usually perfect for one compact herb, like basil or rosemary.



SOIL

Look for a potting soil that includes a mix of peat moss, coconut fiber, compost, and perlite or vermiculite.



FERTILIZER

Feed your plants an organic fertilizer, such as one containing fish or seaweed emulsion, about every 20 days.

BY NANETTE MAXIM PHOTOGRAPHED BY AMY NEUNSINGER

PROP STYLING BY KATE MARTINDALE

GROW YOUR OWN TEA

All you need for delicious homemade brews: a large teapot or French press, a cup of boiling water, and a fistful of fresh herbs from your garden. You don't have to mince or be exact with measurements.

1. GERMAN CHAMOMILE

When the frilly plant grows flowers, pluck them to steep. "The tea is good for stomach-aches," says Adriane Fugh-Berman, Ph.D., an associate professor of pharmacology at Georgetown University Medical Center.

2. CHOCOLATE MINT

Looking for an herbal tea that will satisfy your sweet tooth? This variety has the fragrance of a minty chocolate bar.

3. CILANTRO

A tasty garnish with a second act: Let it go to seed, then harvest those seeds to make a terrific digestive tea (1 teaspoon per cup), says Fugh-Berman.

4. DWARF BEE BALM

Hack! Hack! Many Native American tribes soothed coughing with bee balm leaves. >

Steep and Serve

Boil water, then let herbs hang out in it at least three minutes. Strain, and serve hot or cold. Refrigerate in a quart jar with a tight lid if you want to keep tea fresh longer than an afternoon.

THREE ONE-POT COMBOS

Planted in a single, simple-to-gift container, these themed trios promise years of easy picking. (Just transfer them into a bigger home as they grow.)



ROASTER'S
DELIGHT

HAPPY HOUR

MANGIA!

Culinary Sage

+

Rosemary

+

Sweet Bay Laurel



Roaster's Delight

Deepen the flavor of classic comfort foods like roasted chicken, pork chops, and root veggies with these fragrant herbs. They all love sunny, near-dry growing conditions, so they live well together. (Eventually move them to a forever home that's half-barrel-size; the laurel will get big!)

Genovese Basil

+

Italian Flat-leaf Parsley

+

Italian Oregano



Mangia!

When it's time to make sauce for pasta or pizza, you'll be all set except for garlic and tomatoes. Basil and parsley need more water than oregano does, though, so when you repot, allow a little separation and give the two moisture lovers an extra slug from the watering can.

Dill

+

Shiso

+

Blue Borage



Happy Hour

Feathery dill puts some tangy green flavor into a martini or a Bloody Mary. Shiso, a savory member of the mint family, can upgrade the basic julep. Borage will give you vivid blue flowers with a hint of cucumber: Use blossoms as a garnish in gin highballs, or freeze them into ice cubes.

GORGEOUS— AND GOOD FOR YOU

Aside from delivering health benefits, these plants add shapely leaves and pretty blooms to your garden.

1. ENGLISH LAVENDER

"There's a reason so many bath products contain lavender," says North Carolina associate horticulture professor Jeanine M. Davis, Ph.D. "It's known for its calming properties."

2. GARLIC CHIVES

You can feel good snipping these stalks into a garnish. Studies have shown that members of the garlic family may help lower cholesterol, says Fugh-Berman.

3. PINEAPPLE SAGE

Its leaves smell like tropical fruit, putting a little healthy island vibe in smoothies and salads. Bonus: scarlet flowers that bloom when few others do, in the fall.

4. FEVERFEW

Research says this delicate herb can help ward off migraines. "Chew a leaf or two every day," says Fugh-Berman. "Or if you feel a migraine coming on."

5. PURPLE RUFFLES BASIL

"Basil is a member of the mint family, so it's considered a digestive herb," says Davis. "It's very stomach soothing." >



ZILLIONS OF HERBS! HERE'S HELP CHOOSING

Expert suggestions make it easier for you to narrow down the vast variety, whether you stick to a classic or bust out with a kicky cousin.

Oregano

It originated in the Mediterranean region, so oregano needs lots of sun and well-drained soil.



ITALIAN OREGANO

Brings subtle flavor to meats, vegetables, and pizza. Gently pinch off its stem tips to keep it from overflowing the pot.



GREEK OREGANO

This robust variety can leave your tongue tingling if you chew on a leaf. Try it on hearty meats or sprinkled over roasted potatoes.

Basil Fragrant, sun-loving basil is famous for its knockout pesto-making powers, but some studies suggest it also has antiviral, antioxidant, and antibacterial properties. Keep yours well watered and you'll always have some to harvest.



SWEET BASIL

This is the stalwart you see potted up everywhere from Home Depot to your local supermarket. Use it in fish, vegetable, and pasta dishes.



CINNAMON BASIL

The sweet-spicy herb amps up any recipe. In the garden, try rubbing a few leaves on your skin to repel mosquitos.



THAI BASIL

Like licorice? You'll love the light anise taste of this purplish basil. Add to a bouquet of flowers for a pop of fresh scent.

Mint A voracious spreader, mint should be planted in its own container to keep it from taking over your yard. It's a perennial, so it'll come back year after year. Place in full sun or part shade, and keep its soil moist.



APPLE MINT

Also known as woolly mint, this mild variety tastes subtly of apple. It's a symbol of hospitality: Place a pot by your front door.



ORANGE MINT

With green leaves on burgundy stems, this plant is a beauty—and smells so delicious it's nicknamed the eau de cologne mint.



PEPPERMINT

The leaves calm the digestive system when made into a tea, and when young and tender, they wake up salads.

Thyme This plant's delicate leaves and flowers look beautiful in small pots. It thrives in full sun and sandy soil, and has a gentle, peppery flavor that goes with just about any savory dish. "When in doubt, use thyme" is classic cooks' advice.



COMMON THYME

Brightens soups and sauces. A novel home use for this herb: Lay fresh sprigs in your dresser drawers to remove musty odors.



CARAWAY THYME

The unusually rich thyme stands up to robust dishes like sausage and sauerkraut. You'll know it by its caraway-seed scent.



LEMON THYME

Put a pot on the windowsill to freshen the air: This plant looks like common thyme but smells like a Florida citrus grove. ■

Take It Outside!

Whatever you're up to this summer—bill-paying, scanning Facebook, munching your morning avocado toast—do it outdoors, for a constant mood-and-body boost. These finds turn a backyard into a fab family room.



Take a whack at this old-school sport.



5



6



House numbers get an organic touch.

7



9



10

Pump up the volume!



1. GRASS, TO GO

The perfect spot for alfresco eats? It's wherever you spread this cute blanket. Grass Is Greener Picnic Blanket (\$45, katespade.com)

2. BIRDS WELCOME Give your feathered friends something to tweet about. Buoy Birdhouse (\$48, anthropologie.com)

3. SEEING STARS There's more to the night sky than the Big Dipper. Decode constellations with this scope. Stellarscope (\$52, daytripsociety.com)

4. BADMINTON! A retro reminder that there is such a thing as fun cardio. J. Franklin Field Day Badminton set (\$68, shopterrain.com)

5. MADE IN THE SHADE Cool down under this wide-brimmed beaut. 10' Cantilever Umbrella in Melon with Cantilever Umbrella Weight Base (\$150, worldmarket.com)

6. YOUR ADDRESS HERE A welcoming combo of info and greenery. Steel Planter with Aluminum House Numbers (from \$165, schoolhouseelectric.com)

7. SUCH CUTE GLASSES

And they're plastic! Pink Flower Double Old Fashioned Glasses (\$8 each, surlatable.com)

8. SUNNY SIDE TABLE Just the spot for water, sunscreen, and a great magazine (ahem). Wire Side Table (\$129, cb2.com)

9. BUZZ OFF Shoo flies and worse with this all-natural spray. Herbal Insect Repellent (\$8, burtsbees.com)

10. FINE TUNES Use a radio-speaker hybrid to add a soundtrack to summer. PAL BT Bluetooth Portable Radio (\$230, tivoliaudio.com)

11. KICK BACK With a rope-strung seat, this chair is like a hammock, only comfier. Brommø Chaise (\$60, ikea.com)

12. PILLOW TALK These make for an easy, beachy-chic porch update. Pinstriped Fouta Pillow Covers (\$58 each, serenaandlily.com)

13. GO BOWLING Right in your own backyard! Sterling Sports Deluxe Lawn Bowling/Skittles Set (\$84, wayfair.com)

8





Mind and Mood Revivers



Avid reader?
Celebrate
that asset!

Road Map to a Better You

Next time you get the urge to overhaul your habits, start with this step from executive coach Marshall Goldsmith. In his new book, *Triggers*, he suggests that you figure out what you're doing right and **don't** alter it. "We rarely ask ourselves, 'What in my life is worth keeping?'" If you love cooking, don't stop because you're trying to cut calories. If reading is a passion, don't give it up because other things seem more important. It's just as vital to keep great habits as it is to kick bad ones.

Calm and procrastination don't mix.

Get 'er Done, Then Relax

Chronic procrastinators may be likelier to develop heart disease, says new research in the *Journal of Behavioral Medicine*. People who put things off tend to have fewer healthy habits. Plus, prolonged stress—*Oh God, did I forget to pay my Visa bill again?*—can potentially cause inflammation, a big precursor for disease.

Break Out the Colored Pencils

Psst—you're about to hear parents' best-kept secret: Coloring books aren't just for squirmy kids. Research shows that creative, artistic activities may help ease stress and boost your mood. Zone out blissfully with one of a new wave of grown-up coloring books hitting the market. We love the latest from Rosie Goodwin and Alice Chadwick, *Splendid Cities: Color Your Way to Calm* (\$12, amazon.com).



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FROM LEFT: TRINETTE REED/GETTY IMAGES; MARKO METZINGER/STUDIO D. PROP. STYLING BY MARIANA VERA AT HALLEY RESOURCES

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Guarantee: see www.MediNatura.com. Conditions: empty bottle, original receipt.
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These statements have not been reviewed by the Food and Drug Administration.
They are supported by traditional homeopathic principles.



Choose natural allergy relief!



Don't Answer! (Yes, Even If It's Me)

The number one thing that my wife, Lisa, and I fight about? My technology habit. She wants me to use my smartphone and laptop less often, and she's right. When you "listen" while quickly scrolling through emails or tapping out a text, everyone around you gets the message "You are so not important right now." What we gain in efficiency we lose in intimacy.

That cheats the person you're with and, worse, yourself. Screen glancing is basically a newfound way of fidgeting. We look because we have a second. We peek because we're bored. We check just because. Sounds like mindless eating, doesn't it? You rummage through the pantry for a crunchy bag of something because you want to occupy your hands and mind or need a little hit of energy. Whether we're talking food or tech, it's empty calories. The real emotional nutrition comes from what happens outside of your device—like letting a conversation unfold and learning something fascinating about your friends or the world.

Smartphone obsession has been messing with us for years now,

but from what I see, the addiction is at an all-time high. There's an actual name for the panic that sets in when people are separated from their phones: nomophobia. It's pretty shocking that in a commencement speech, Google's executive chairman, Eric Schmidt, set this as a goal for students: Get off-line for at least an hour a day. Whoa—they weren't already? You can do a lot better than that. I'm not saying you have to send yourself away to a digital detox camp where you can't touch your devices for a week. Just try slipping out of the technology handcuffs with any of these strategies. ▶

▶ Keep bytes and bites separate.

At home, mandate no tech while eating as a family. When dining out, some people stack up all the phones in the middle of the table; the first person to reach for theirs has to pay.

▶ Set a phone "snacking" plan.

Schedule specific blocks of time when you'll check and when you won't. This can ease the feeling of having to keep up every second.

▶ Use your device for good.

Research shows that affectionate texts make some relationships better. And we use FaceTime to stay close to our granddaughter, Philo, if we haven't seen her in a few days. (She kisses the phone as if we're stuck in it.)

▶ Cut back with me.

I'll try to break free if you will. Let's all stop thinking so much about what we could be missing if we're not connected via technology and start thinking about what we're missing when we are.





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A close-up, high-contrast photograph of a person's face, focusing on the eye and sunglasses. The person has light skin and dark hair. They are wearing dark-framed sunglasses with a gold-colored hinge. The lens is dark and reflective, showing a greenish tint. The person's eye is visible through the lens, looking directly at the camera. The background is a soft, out-of-focus light color.

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